



Breakfast Menu

January 2022

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

K-12th Grade – Fruit 1 Cup, Grain 2oz, Low Fat or 1% Milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
<p>January 3</p> <p>Fruity Cheerios Goldfish Crackers 100% Fruit Juice Milk</p>	<p>January 4</p> <p>WG Breakfast Bar Graham Crackers Fruit Milk</p>	<p>January 5</p> <p>Yogurt w/ WG granola Fruit Milk</p>	<p>January 6</p> <p>WG Banana Bread Fruit Milk</p>	<p>January 7</p> <p>Lucky Charms Cheez-Its 100% Fruit Juice Milk</p>
<p>January 10</p> <p>Cinnamon Toast Crunch Goldfish Crackers 100% Fruit Juice Milk</p>	<p>January 11</p> <p>WG Breakfast Bar Graham Crackers Fruit Milk</p>	<p>January 12</p> <p>Yogurt w/ WG granola Fruit Milk</p>	<p>January 13</p> <p>WG Blueberry Muffin Fruit Milk</p>	<p>January 14</p> <p>Apple Jacks Cheez-Its 100% Fruit Juice Milk</p>
<p>January 17</p>	<p>January 18</p> <p>WG Breakfast Bar Graham Crackers Fruit Milk</p>	<p>January 19</p> <p>Yogurt w/ WG granola Fruit Milk</p>	<p>January 20</p> <p>WG Zucchini Bread Fruit Milk</p>	<p>January 21</p> <p>Lucky Charms Cheez-Its 100% Fruit Juice Milk</p>
<p>January 24</p> <p>Fruity Cheerios Goldfish Crackers 100% Fruit Juice Milk</p>	<p>January 25</p> <p>Cinnamon Toast Crunch Goldfish Crackers 100% Fruit Juice Milk</p>	<p>January 26</p> <p>Yogurt w/ WG Granola Fruit Milk</p>	<p>January 27</p> <p>WG Apple Cinnamon Muffin Fruit Milk</p>	<p>January 28</p> <p>Apple Jacks Cheez-Its 100% Fruit Juice Milk</p>
<p>January 31</p> <p>Cinnamon Toast Crunch Goldfish Crackers 100% Fruit Juice Milk</p>				

WG = Whole Grain

Fruit options vary when in season all possible options are as follows: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos

All Cereals contain no more than 6 grams of sugar per dry ounce

All Yogurt contains no more than 23 grams of sugar per 6 ounce serving