



Breakfast Menu

June 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>June 1</p> <p>Yogurt w/ WG granola Fruit Milk</p>	<p>June 2</p> <p>WG Corn Muffin Fruit Milk</p>	<p>June 3</p> <p>Fruity Cheerios Goldfish Crackers 100% Fruit Juice Milk</p>
<p>June 6</p> <p>Cinnamon Toast Crunch Goldfish Crackers 100% Fruit Juice Milk</p>	<p>June 7</p> <p>WG Breakfast Bar Graham Crackers Fruit Milk</p>	<p>June 8</p> <p>WG French Toast Sticks Fruit Milk</p>	<p>June 9</p> <p>WG Blueberry Muffin Fruit Milk</p>	<p>June 10</p> <p>Apple Jacks Cheez-Its 100% Fruit Juice Milk</p>
<p>June 13</p> <p>Lucky Charms Cheez-Its 100% Fruit Juice Milk</p>	<p>June 14</p> <p>WG Breakfast Bar Graham Crackers Fruit Milk</p>	<p>June 15</p> <p>Yogurt w/ WG granola Fruit Milk</p>	<p>June 16</p> <p>WG Waffle Fruit Milk</p>	<p>June 17</p>
<p>June 20</p>	<p>June 21</p>	<p>June 22</p>	<p>June 23</p>	<p>June 24</p>
<p>June 27</p>	<p>June 28</p>	<p>June 29</p>	<p>June 30</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