



## Breakfast Menu

**October 2022**

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

12months – 24months Old – m/ma ½oz, fruit ¼c, grain ½oz, 4oz Plain Whole Milk

24months – 36months Old – m/ma ½ oz, fruit ¼ c, grain ½ oz, 4oz Plain 1% Milk

3-5 Year Olds – m/ma ½ oz, fruit ½ c, grain ½ oz, 6oz Plain 1% Milk

School Age – m/ma 1oz, fruit ½ c, grain 1oz, 8oz Plain 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<b>October 31</b> <b>WG Cocoa Puffs</b> Cheez Its 100% Juice Box Milk	<b>November 1</b> <b>Yogurt w/ Granola</b> Fruit Milk	<b>November 2</b> <b>WG Bagel w/ Cream Cheese</b> Fruit Milk	<b>November 3</b> <b>WG Cinnamon Toast Crunch</b> Goldfish 100% Juice Box Milk	<b>November 4</b> <b>WG Orange Muffin</b> Fruit Milk
<b>October 3</b> <b>WG Lucky Charms</b> Cheez Its 100% Juice Box Milk	<b>October 4</b> <b>Yogurt w/ Granola</b> Fruit Milk	<b>October 5</b> <b>WG Bagel w/ Cream Cheese</b> Fruit Milk	<b>October 6</b> <b>WG Cinnamon Toast Crunch</b> Goldfish 100% Juice Box Milk	<b>October 7</b> <b>WG Corn Muffin</b> Fruit Milk
<b>October 10</b> <b>WG Kix</b> Cheez Its 100% Juice Box Milk	<b>October 11</b> <b>Yogurt w/ Granola</b> Fruit Milk	<b>October 12</b> <b>WG Bagel w/ Cream Cheese</b> Fruit Milk	<b>October 13</b> <b>WG Apple Cinnamon Cheerios</b> Goldfish 100% Juice Box Milk	<b>October 14</b> <b>WG Blueberry Muffin</b> Fruit Milk
<b>October 17</b> <b>WG Cocoa Puffs</b> Cheez Its 100% Juice Box Milk	<b>October 18</b> <b>Yogurt w/ Granola</b> Fruit Milk	<b>October 19</b> <b>WG Bagel w/ Cream Cheese</b> Fruit Milk	<b>October 20</b> <b>WG Cinnamon Toast Crunch</b> Goldfish 100% Juice Box Milk	<b>October 21</b> <b>WG Banana Muffin</b> Fruit Milk
<b>October 24</b> <b>WG Lucky Charms</b> Cheez Its 100% Juice Box Milk	<b>October 25</b> <b>Yogurt w/ Granola</b> Fruit Milk	<b>October 26</b> <b>WG Bagel w/ Cream Cheese</b> Fruit Milk	<b>October 27</b> <b>WG Apple Cinnamon Cheerios</b> Goldfish 100% Juice Box Milk	<b>October 28</b> <b>WG Apple Cinnamon Muffin</b> Fruit Milk

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\*\*