



Breakfast Menu – Dairy & Egg Free

October 2024

This institution is an equal opportunity provider.

Serving Sizes are as follows:

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

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

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
September 30 WG Rice Krispies Fruit Milk Alternative	October 1 Rice Chex Fruit Milk Alternative	October 2 Corn Chex Fruit Milk Alternative	October 3 WG Trix Fruit Milk Alternative	October 4 WG Bagel w/Fruit Spread Fruit Milk Alternative
October 7 WG Cheerios Fruit Milk Alternative	October 8 Rice Chex Fruit Milk Alternative	October 9 Corn Chex Fruit Milk Alternative	October 10 WG Corn Flakes Fruit Milk Alternative	October 11 WG Cinnamon Raisin Bread w/ Fruit Spread Fruit Milk Alternative
October 14 WG Rice Krispies Fruit Milk Alternative	October 15 Rice Chex Fruit Milk Alternative	October 16 Corn Chex Fruit Milk Alternative	October 17 WG Trix Fruit Milk Alternative	October 18 WG Bagel w/ Fruit Spread Fruit Milk Alternative
October 21 WG Cheerios Fruit Milk Alternative	October 22 Rice Chex Fruit Milk Alternative	October 23 Corn Chex Fruit Milk Alternative	October 24 WG Corn Flakes Fruit Milk Alternative	October 25 WG Bagel w/ Fruit Spread Fruit Milk Alternative
October 28 WG Rice Krispies Fruit Milk Alternative	October 29 Rice Chex Fruit Milk Alternative	October 30 Corn Chex Fruit Milk Alternative	October 31 WG Trix Fruit Milk Alternative	November 1 WG Cinnamon Raisin Bread w/ Fruit Spread Fruit Milk Alternative

WG = Whole Grain

Fruit options vary when in season, viable 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****