



Breakfast Menu - Hot Option

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

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 |
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| September 30 WG Rice Krispies Fruit Milk | October 1 Yogurt Fruit Milk | October 2 WG Apple Cinnamon Muffin Fruit Milk | October 3 WG Trix Fruit Milk | October 4 Scrambled Eggs Fruit Milk |
| October 7 WG Cheerios Fruit Milk | October 8 WG Rice Krispies Fruit Milk | October 9 WG Banana Muffin Fruit Milk | October 10 WG Corn Flakes Fruit Milk | October 11 WG Peach Pancake Bowl Milk |
| October 14 WG Rice Krispies Fruit Milk | October 15 Yogurt Fruit Milk | October 16 WG Blueberry Muffin Fruit Milk | October 17 WG Trix Fruit Milk | October 18 French Toast Fruit Milk |
| October 21 WG Cheerios Fruit Milk | October 22 Yogurt Fruit Milk | October 23 WG Corn Muffin Fruit Milk | October 24 WG Corn Flakes Fruit Milk | October 25 WG Pancake Fruit Milk |
| October 28 WG Rice Krispies Fruit Milk | October 29 Yogurt Fruit Milk | October 30 WG Apple Cinnamon Muffin Fruit Milk | October 31 WG Trix Fruit Milk | November 1 Waffle Fruit Milk |

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****