



Breakfast Menu – Wheat & Soy 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

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
September 30 WG Cheerios Fruit Milk	October 1 Rice Chex Fruit Milk	October 2 Corn Chex Fruit Milk	October 3 WG Cheerios Fruit Milk	October 4 Rice Chex Fruit Milk
October 7 WG Cheerios Fruit Milk	October 8 Rice Chex Fruit Milk	October 9 Corn Chex Fruit Milk	October 10 WG Cheerios Fruit Milk	October 11 Rice Chex Fruit Milk
October 14 WG Cheerios Fruit Milk	October 15 Rice Chex Fruit Milk	October 16 Corn Chex Fruit Milk	October 17 WG Cheerios Fruit Milk	October 18 Rice Chex Fruit Milk
October 21 WG Cheerios Fruit Milk	October 22 Rice Chex Fruit Milk	October 23 Corn Chex Fruit Milk	October 24 WG Cheerios Fruit Milk	October 25 Rice Chex Fruit Milk
October 28 WG Cheerios Fruit Milk	October 29 Rice Chex Fruit Milk	October 30 Corn Chex Fruit Milk	October 31 WG Cheerios Fruit Milk	November 1 Rice Chex 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****