



Breakfast Menu – Dairy & Egg Free

November 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
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 Cheerio Bowl Pack Fruit Milk Alternative	November 1 Rice Chex Fruit Milk Alternative
November 4 WG Cheerios Fruit Milk Alternative	November 5 Rice Chex Fruit Milk Alternative	November 6 Corn Chex Fruit Milk Alternative	November 7 WG Cheerio Bowl Pack Fruit Milk Alternative	November 8 Rice Chex Fruit Milk Alternative
November 11 WG Rice Krispies Fruit Milk Alternative	November 12 Rice Chex Fruit Milk Alternative	November 13 Corn Chex Fruit Milk Alternative	November 14 WG Cheerio Bowl Pack Fruit Milk Alternative	November 15 Rice Chex Fruit Milk Alternative
November 18 WG Cheerios Fruit Milk Alternative	November 19 Rice Chex Fruit Milk Alternative	November 20 Corn Chex Fruit Milk Alternative	November 21 WG Cheerio Bowl Pack Fruit Milk Alternative	November 22 Rice Chex Fruit Milk Alternative
November 25 WG Rice Krispies Fruit Milk Alternative	November 26 Rice Chex Fruit Milk Alternative	November 27 Corn Chex Fruit Milk Alternative	November 28 Happy Thanksgiving!	November 29 Rice Chex 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****