



## Breakfast Menu – Wheat & Soy 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

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 28</b> WG Cheerios Fruit Milk	<b>October 29</b> Rice Chex Fruit Milk	<b>October 30</b> Corn Chex Fruit Milk	<b>October 31</b> WG Cheerio Bowl Pack Fruit Milk	<b>November 1</b> Rice Chex Fruit Milk
<b>November 4</b> WG Cheerios Fruit Milk	<b>November 5</b> Rice Chex Fruit Milk	<b>November 6</b> Corn Chex Fruit Milk	<b>November 7</b> WG Cheerio Bowl Pack Fruit Milk	<b>November 8</b> Rice Chex Fruit Milk
<b>November 11</b> WG Cheerios Fruit Milk	<b>November 12</b> Rice Chex Fruit Milk	<b>November 13</b> Corn Chex Fruit Milk	<b>November 14</b> WG Cheerio Bowl Pack Fruit Milk	<b>November 15</b> Rice Chex Fruit Milk
<b>November 18</b> WG Cheerios Fruit Milk	<b>November 19</b> Rice Chex Fruit Milk	<b>November 20</b> Corn Chex Fruit Milk	<b>November 21</b> WG Cheerio Bowl Pack Fruit Milk	<b>November 22</b> Rice Chex Fruit Milk
<b>November 25</b> WG Cheerios Fruit Milk	<b>November 26</b> Rice Chex Fruit Milk	<b>November 27</b> Corn Chex Fruit Milk	<b>November 28</b> Happy Thanksgiving!	<b>November 29</b> 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\*\***