



Breakfast Menu - Hot Option

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
October 28 WG Rice Krispies Fruit Milk	October 29 Yogurt Fruit Milk	October 30 WGR Apple Cinnamon Muffin Fruit Milk	October 31 WG Trix Fruit Milk	November 1 WGR Waffle Fruit Milk
November 4 WG Cheerios Fruit Milk	November 5 WG Rice Krispies Fruit Milk	November 6 WGR Banana Muffin Fruit Milk	November 7 WG Corn Flakes Fruit Milk	November 8 WGR Pancake Fruit Milk
November 11 WG Rice Krispies Fruit Milk	November 12 Yogurt Fruit Milk	November 13 WGR Blueberry Muffin Fruit Milk	November 14 WG Trix Fruit Milk	November 15 WGR French Toast Fruit Milk
November 18 WG Cheerios Fruit Milk	November 19 Yogurt Fruit Milk	November 20 WGR Corn Muffin Fruit Milk	November 21 WG Corn Flakes Fruit Milk	November 22 WGR Pancake Fruit Milk
November 25 WG Rice Krispies Fruit Milk	November 26 Yogurt Fruit Milk	November 27 WGR Apple Cinnamon Muffin Fruit Milk	November 28 Happy Thanksgiving!	November 29 WGR 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****