



## Breakfast Menu - Hot Option

December 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
December 2 <b>WG Rice Krispies</b> Fruit Milk	December 3 <b>WG Corn Flakes</b> Fruit Milk	December 4 <b>WGR Apple Cinnamon Muffin</b> Fruit Milk	December 5 <b>WG Trix</b> Fruit Milk	December 6 <b>WGR Waffle</b> Fruit Milk
December 9 <b>WG Cheerios</b> Fruit Milk	December 10 <b>Yogurt</b> Fruit Milk	December 11 <b>WGR Banana Muffin</b> Fruit Milk	December 12 <b>WG Corn Flakes</b> Fruit Milk	December 13 <b>WGR Pancake</b> Fruit Milk
December 16 <b>WG Rice Krispies</b> Fruit Milk	December 17 <b>Yogurt</b> Fruit Milk	December 18 <b>WGR Blueberry Muffin</b> Fruit Milk	December 19 <b>WG Trix</b> Fruit Milk	December 20 <b>WGR French Toast</b> Fruit Milk
December 23 <b>WG Cheerios</b> Fruit Milk	December 24 <b>Yogurt</b> Fruit Milk	December 25 <b>Merry Christmas!</b>	December 26 <b>WG Corn Flakes</b> Fruit Milk	December 27 <b>WGR Pancake</b> Fruit Milk
December 30 <b>WG Rice Krispies</b> Fruit Milk	December 31 <b>Yogurt</b> Fruit Milk	January 1 <b>Happy New Year!</b>	January 2 <b>WG Trix</b> Fruit Milk	January 3 <b>WGR Waffle</b> 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\*\***