



Breakfast Menu - Hot Option

January 2025

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 30 WG Rice Krispies Fruit Milk	December 31 Yogurt Fruit Milk	January 1 Happy New Year!	January 2 WG Trix Fruit Milk	January 3 WGR Waffle Fruit Milk
January 6 WG Cheerios Fruit Milk	January 7 Yogurt Fruit Milk	January 8 WGR Banana Muffin Fruit Milk	January 9 WG Corn Flakes Fruit Milk	January 10 WGR Pancake Fruit Milk
January 13 WG Rice Krispies Fruit Milk	January 14 Yogurt Fruit Milk	January 15 WGR Blueberry Muffin Fruit Milk	January 16 WG Trix Fruit Milk	January 17 WGR French Toast Fruit Milk
January 20 WG Cheerios Fruit Milk	January 21 Yogurt Fruit Milk	January 22 WGR Corn Muffin Fruit Milk	January 23 WG Corn Flakes Fruit Milk	January 24 WGR Pancake Fruit Milk
January 27 WG Rice Krispies Fruit Milk	January 28 Yogurt Fruit Milk	January 29 WGR Apple Cinnamon Muffin Fruit Milk	January 30 WG Trix Fruit Milk	January 31 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****