



## Breakfast Menu – Dairy & Egg Free

June 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 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  |
|---|--|---|--|---|
| <b>June 2</b><br><b>Rice Chex</b><br>Peaches<br>Milk Alternative    | <b>June 3</b><br><b>WG Rice Krispies</b><br>Apple Slices (Applesauce)<br>Milk Alternative  | <b>June 4</b><br><b>Corn Chex</b><br>Diced Pears<br>Milk Alternative  | <b>June 5</b><br><b>WG Cinnamon Toast Crunch</b><br>Whole Apple (Applesauce)<br>Milk Alternative | <b>June 6</b><br><b>WGR English Muffin w/Grape Fruit Spread</b><br>Orange Slices (Mandarins)<br>Milk Alternative            |
| <b>June 9</b><br><b>Rice Chex</b><br>Peaches<br>Milk Alternative    | <b>June 10</b><br><b>WG Cheerios</b><br>Apple Slices (Applesauce)<br>Milk Alternative      | <b>June 11</b><br><b>Corn Chex</b><br>Diced Pears<br>Milk Alternative | <b>June 12</b><br><b>WG Corn Flakes</b><br>Whole Apple (Applesauce)<br>Milk Alternative          | <b>June 13</b><br><b>WGR Bagel w/Grape Fruit Spread</b><br>Orange Slices (Mandarins)<br>Milk Alternative                    |
| <b>June 16</b><br><b>Rice Chex</b><br>Pineapple<br>Milk Alternative | <b>June 17</b><br><b>WG Rice Krispies</b><br>Apple Slices (Applesauce)<br>Milk Alternative | <b>June 18</b><br><b>Corn Chex</b><br>Diced Pears<br>Milk Alternative | <b>June 19</b><br><b>WG Kix</b><br>Whole Apple (Applesauce)<br>Milk Alternative                  | <b>June 20</b><br><b>WGR Cinnamon Raisin Bread w/ w/Grape Fruit Spread</b><br>Orange Slices (Mandarins)<br>Milk Alternative |
| <b>June 23</b><br><b>Rice Chex</b><br>Pineapple<br>Milk Alternative | <b>June 24</b><br><b>WG Cheerios</b><br>Apple Slices (Applesauce)<br>Milk Alternative      | <b>June 25</b><br><b>Corn Chex</b><br>Diced Pears<br>Milk Alternative | <b>June 26</b><br><b>WG Corn Flakes</b><br>Whole Apple (Applesauce)<br>Milk Alternative          | <b>June 27</b><br><b>WGR Bagel w/ w/Grape Fruit Spread</b><br>Orange Slices (Mandarins)<br>Milk Alternative                 |
| <b>June 30</b><br><b>Rice Chex</b><br>Pineapple<br>Milk Alternative | <b>July 1</b><br><b>WG Rice Krispies</b><br>Apple Slices (Applesauce)<br>Milk Alternative  | <b>July 2</b><br><b>Corn Chex</b><br>Diced Pears<br>Milk Alternative  | <b>July 3</b><br><b>WG Kix</b><br>Whole Apple (Applesauce)<br>Milk Alternative                   | <b>July 4</b>   |

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\*\***