



Breakfast Menu – Dairy & Egg Free

May 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
April 28 Rice Chex Pineapple Milk Alternative	April 29 WG Rice Krispies Apple Slices (Applesauce) Milk Alternative	April 30 Corn Chex Diced Pears Milk Alternative	May 1 WG Cinnamon Toast Crunch Banana Milk Alternative	May 2 WGR English Muffin w/Grape Fruit Spread Whole Apple (Applesauce) Milk Alternative
May 5 Rice Chex Pineapple Milk Alternative	May 6 WG Cheerios Apple Slices (Applesauce) Milk Alternative	May 7 Corn Chex Diced Pears Milk Alternative	May 8 WG Corn Flakes Banana Milk Alternative	May 9 WGR Bagel w/Grape Fruit Spread Whole Apple (Applesauce) Milk Alternative
May 12 Rice Chex Pineapple Milk Alternative	May 13 WG Rice Krispies Apple Slices (Applesauce) Milk Alternative	May 14 Corn Chex Diced Pears Milk Alternative	May 15 WG Kix Banana Milk Alternative	May 16 WGR Cinnamon Raisin Bread w/Grape Fruit Spread Whole Apple (Applesauce) Milk Alternative
May 19 Rice Chex Pineapple Milk Alternative	May 20 WG Cheerios Apple Slices (Applesauce) Milk Alternative	May 21 Corn Chex Diced Pears Milk Alternative	May 22 WG Corn Flakes Banana Milk Alternative	May 23 WGR Bagel w/Grape Fruit Spread Whole Apple (Applesauce) Milk Alternative
May 26 Rice Chex Pineapple Milk Alternative	May 27 WG Rice Krispies Apple Slices (Applesauce) Milk Alternative	May 28 Corn Chex Diced Pears Milk Alternative	May 29 WG Kix Banana Milk Alternative	May 30 WGR English Muffin w/Grape Fruit Spread Whole Apple (Applesauce) Milk Alternative

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****