



Breakfast Menu – Wheat & Soy 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

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
April 28 Rice Chex Pineapple Milk	April 29 WG Cheerios Apple Slices (Applesauce) Milk	April 30 Corn Chex Diced Pears Milk	May 1 WG Kix Banana Milk	May 2 Rice Chex Whole Apple (Applesauce) Milk
May 5 Rice Chex Pineapple Milk	May 6 WG Cheerios Apple Slices (Applesauce) Milk	May 7 Corn Chex Diced Pears Milk	May 8 WG Kix Banana Milk	May 9 Rice Chex Whole Apple (Applesauce) Milk
May 12 Rice Chex Pineapple Milk	May 13 WG Cheerios Apple Slices (Applesauce) Milk	May 14 Corn Chex Diced Pears Milk	May 15 WG Kix Banana Milk	May 16 Rice Chex Whole Apple (Applesauce) Milk
May 19 Rice Chex Pineapple Milk	May 20 WG Cheerios Apple Slices (Applesauce) Milk	May 21 Corn Chex Diced Pears Milk	May 22 WG Kix Banana Milk	May 23 Rice Chex Whole Apple (Applesauce) Milk
May 26 Rice Chex Pineapple Milk	May 27 WG Cheerios Apple Slices (Applesauce) Milk	May 28 Corn Chex Diced Pears Milk	May 29 WG Kix Banana Milk	May 30 Rice Chex Whole Apple (Applesauce) 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****