



## Breakfast Menu – Dairy & Egg Free

July 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 30</b> <b>Rice Chex</b> Peaches Milk Alternative	<b>July 1</b> <b>WG Cheerios</b> Apple Slices (Applesauce) Milk Alternative	<b>July 2</b> <b>Yogurt</b> Diced Pears Milk Alternative	<b>July 3</b> <b>WG Kix</b> Whole Apple (Applesauce) Milk Alternative	<b>July 4</b>
<b>July 7</b> <b>Rice Chex</b> Peaches Milk Alternative	<b>July 8</b> <b>WG Cheerios</b> Apple Slices (Applesauce) Milk Alternative	<b>July 9</b> <b>Yogurt</b> Diced Pears Milk Alternative	<b>July 10</b> <b>WG Kix</b> Whole Apple (Applesauce) Milk Alternative	<b>July 11</b> <b>Corn Chex</b> Pineapple Milk Alternative
<b>July 14</b> <b>Rice Chex</b> Peaches Milk Alternative	<b>July 15</b> <b>WG Cheerios</b> Apple Slices (Applesauce) Milk Alternative	<b>July 16</b> <b>Yogurt</b> Diced Pears Milk Alternative	<b>July 17</b> <b>WG Kix</b> Whole Apple (Applesauce) Milk Alternative	<b>July 18</b> <b>Corn Chex</b> Pineapple Milk Alternative
<b>July 21</b> <b>Rice Chex</b> Peaches Milk Alternative	<b>July 22</b> <b>WG Cheerios</b> Apple Slices (Applesauce) Milk Alternative	<b>July 23</b> <b>Yogurt</b> Diced Pears Milk Alternative	<b>July 24</b> <b>WG Kix</b> Whole Apple (Applesauce) Milk Alternative	<b>July 25</b> <b>Corn Chex</b> Pineapple Milk Alternative
<b>July 28</b> <b>Rice Chex</b> Peaches Milk Alternative	<b>July 29</b> <b>WG Cheerios</b> Apple Slices (Applesauce) Milk Alternative	<b>July 30</b> <b>Yogurt</b> Diced Pears Milk Alternative	<b>July 31</b> <b>WG Kix</b> Whole Apple (Applesauce) Milk Alternative	<b>August 1</b> <b>Corn Chex</b> Pineapple 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\*\***