



Breakfast Menu – Dairy & Egg Free

August 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
July 28 Rice Chex Peaches Milk Alternative	July 29 WG Rice Krispies Apple Slices (Applesauce) Milk Alternative	July 30 WG Cheerios Clementine (Mandarins) Milk Alternative	July 31 WG Kix Whole Apple (Applesauce) Milk Alternative	August 1 WG Kix Banana Milk Alternative
August 4 Rice Chex Pineapple Milk Alternative	August 5 WG Cheerios Apple Slices (Applesauce) Milk Alternative	August 6 WG Cheerios Clementine (mandarins) Milk Alternative	August 7 WG Corn Flakes Whole Apple (Applesauce) Milk Alternative	August 8 WG Kix Banana Milk Alternative
August 11 Rice Chex Pineapple Milk Alternative	August 12 WG Rice Krispies Apple Slices (Applesauce) Milk Alternative	August 13 WG Cheerios Clementine (Mandarins) Milk Alternative	August 14 WG Life Cereal Whole Apple (Applesauce) Milk Alternative	August 15 WG Kix Banana Milk Alternative
August 18 Rice Chex Pineapple Milk Alternative	August 19 WG Cheerios Apple Slices (Applesauce) Milk Alternative	August 20 WG Cheerios Clementine (mandarins) Milk Alternative	August 21 WG Corn Flakes Pears Milk Alternative	August 22 WG Kix Banana Milk Alternative
August 25 Rice Chex Pineapple Milk Alternative	August 26 WG Rice Krispies Apple Slices (Applesauce) Milk Alternative	August 27 WG Cheerios Clementine (mandarins) Milk Alternative	August 28 WG Kix Whole Apple (Applesauce) Milk Alternative	August 29 WG Kix Banana 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****