



## Breakfast Menu - Dairy & Egg Free

**September 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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>September 1</b> <b>Rice Chex</b> Fruit Milk Alternative	<b>September 2</b> <b>WG Rice Krispies</b> Fruit Milk Alternative	<b>September 3</b> <b>Corn Chex</b> Fruit Milk Alternative	<b>September 4</b> <b>WG Kix</b> Fruit Milk Alternative	<b>September 5</b> <b>WG Cheerios</b> Fruit Milk Alternative
<b>September 8</b> <b>Rice Chex</b> Fruit Milk Alternative	<b>September 9</b> <b>WG Cheerios</b> Fruit Milk Alternative	<b>September 10</b> <b>Corn Chex</b> Fruit Milk Alternative	<b>September 11</b> <b>WG Corn Flakes</b> Fruit Milk Alternative	<b>September 12</b> <b>WG Kix</b> Fruit Milk Alternative
<b>September 15</b> <b>Rice Chex</b> Fruit Milk Alternative	<b>September 16</b> <b>WG Rice Krispies</b> Fruit Milk Alternative	<b>September 17</b> <b>Corn Chex</b> Fruit Milk Alternative	<b>September 18</b> <b>WG Kix</b> Fruit Milk Alternative	<b>September 19</b> <b>WG Cheerios</b> Fruit Milk Alternative
<b>September 22</b> <b>Rice Chex</b> Fruit Milk Alternative	<b>September 23</b> <b>WG Cheerios</b> Fruit Milk Alternative	<b>September 24</b> <b>Corn Chex</b> Fruit Milk Alternative	<b>September 25</b> <b>WG Corn Flakes</b> Pears Milk Alternative	<b>September 26</b> <b>WG Kix</b> Fruit Milk Alternative
<b>September 29</b> <b>Rice Chex</b> Fruit Milk Alternative	<b>September 30</b> <b>WG Rice Krispies</b> Fruit Milk Alternative	<b>October 1</b> <b>Corn Chex</b> Fruit Milk Alternative	<b>October 2</b> <b>WG Kix</b> Fruit Milk Alternative	<b>October 3</b> <b>WG Cheerios</b> Fruit Milk Alternative

WG = Whole Grain

Fruit options vary when in season, viable options are as follows: Apples, Applesauce, Flavored Applesauce, Fruit, Diced Pears, Diced Peaches, Fruit, 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\*\***