



Breakfast Menu - Wheat & Soy 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

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
September 1 Rice Chex Fruit Milk	September 2 WG Cheerios Fruit Milk	September 3 Corn Chex Fruit Milk	September 4 WG Kix Fruit Milk	September 5 WG Cheerios Fruit Milk
September 8 Rice Chex Fruit Milk	September 9 WG Cheerios Fruit Milk	September 10 Corn Chex Fruit Milk	September 11 WG Cheerios Fruit Milk	September 12 WG Kix Fruit Milk
September 15 Rice Chex Fruit Milk	September 16 WG Cheerios Fruit Milk	September 17 Corn Chex Fruit Milk	September 18 WG Kix Fruit Milk	September 19 WG Cheerios Fruit Milk
September 22 Rice Chex Fruit Milk	September 23 WG Cheerios Fruit Milk	September 24 Corn Chex Fruit Milk	September 25 WG Cheerios Pears Milk	September 26 WG Kix Fruit Milk
September 29 Rice Chex Fruit Milk	September 30 WG Cheerios Fruit Milk	October 1 Corn Chex Fruit Milk	October 2 WG Kix Fruit Milk	October 3 WG Cheerios Fruit Milk

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****