



All Ages Breakfast Menu March 2020

This institution is an equal opportunity provider.

Approved by Barbara Myers RD, LD/N

Serving Sizes are as follows:

1-2 Year Olds – 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
March 2 Cheerios Fruit Milk	March 3 ½ WG Bagel w/ Cream Cheese Fruit Milk	March 4 Kix Cereal Fruit Milk	March 5 Banana Bread Fruit Milk	March 6 Yogurt Fruit Milk
March 9 Rice Krispy Cereal Fruit Milk	March 10 ½ Whole Wheat English Muffin w/ Fruit Spread Fruit Milk	March 11 Yogurt Fruit Milk	March 12 Zucchini Bread Fruit Milk	March 13 Corn Flakes Fruit Milk
March 16 Cheerios Fruit Milk	March 17 ½ WG Bagel w/ Cream Cheese Fruit Milk	March 18 Life Cereal Fruit Milk	March 19 Pumpkin Bread Fruit Milk	March 20 Blueberry Muffin Fruit Milk
March 23 Rice Krispy Cereal Fruit Milk	March 24 ½ Whole Wheat English Muffin w/ Fruit Spread Fruit Milk	March 25 Yogurt Fruit Milk	March 26 Corn Muffin Fruit Milk	March 27 Corn Flakes Fruit Milk
March 30 Cheerios Fruit Milk	March 31 ½ WG Bagel w/ Cream Cheese Fruit Milk			

WG = Whole Grain

Fruit options vary when in season all possible 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