

Breakfast

December 2021



WG – Whole Grain WW - Whole Wheat MG – Multi Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Size Servings Ages 1-2 1 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup			All Bran Wheat Cereal Banana Slices Milk & Water	(WG) Chex Cereal Mandarin Oranges Milk & Water	(WG) French Toast Apple Sauce Milk & Water	Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup
5	6	7	8	9	10	11
Size Servings Ages 1-2 1 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup	Yogurt & Apples Milk & Water	(WG) Pancakes Peach Slices Milk & Water	(MG) Cheerio Cereal Pear Slices Milk & Water	All Bran Cereal Mandarin Oranges Milk & Water	(WW) Bagel & Cream Cheese Orange Slices Milk & Water	Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup
12	13	14	15	16	17	18
Size Servings Ages 1-2 1 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup	(WG) French Toast Peaches Milk & Water	(WG) Waffles Pineapple Chunks Milk & Water	All Bran Wheat Cereal Banana Slices Milk & Water	(WG) Chex Cereal Mandarin Oranges Milk & Water	(WG) Croissant & Jelly Apple Sauce Milk & Water	Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup
19	20	21	22	23	24	25
Size Servings Ages 1-2 1 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup	Oatmeal Apple Sauce Milk & Water	(WG) Pancakes Pears Slices Milk & Water	(MG) Cheerio Cereal Pear Slices Milk & Water	Day Before Christmas Eve School Closed	Christmas Day School Closed	Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup
26	27	28	29	30	31	
Size Servings Ages 1-2 1 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup	WG) French Toast Peaches Milk & Water	(WG) Waffles Pineapple Chunks Milk & Water	All Bran Wheat Cereal Banana Slices Milk & Water	Day Before New Year's Eve School Closed	New Year's Eve School Closed	Size Servings Ages 3-5 1.5 Ounces / $\frac{3}{8}$ Cup $\frac{1}{2}$ Slice / $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{1}{4}$ Cup $\frac{3}{4}$ Cup