

Breakfast

November 2021



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Size Servings Ages 1-2 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	(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
7	8	9	10	11	12	13
Size Servings Ages 1-2 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	Oatmeal Apple Sauce Milk & Water	(WG) Pancakes Peach Slices Milk & Water	(MG) Cheerio Cereal Pear Slices Milk & Water	English Muffins 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
14	15	16	17	18	19	20
Size Servings Ages 1-2 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	(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
21	22	23	24	25	26	27
Size Servings Ages 1-2 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	Oatmeal Apple Sauce Milk & Water	(WG) Pancakes Pears Slices Milk & Water	(MG) Cheerio Cereal Pear Slices Milk & Water	Thanksgiving Day School Closed	Day After Thanksgiving 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
28	29	30				
Size Servings Ages 1-2 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	(WG) French Toast Peaches Milk & Water	(WG) Waffles Pineapple Chunks 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