

# Breakfast

# September 2022



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

| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|---|---|--|--|--|--|---|
| <p>Size Servings Ages 1-2<br/>1.5 Ounces / ⅜ Cup<br/>½ Slice / ¼ Cup<br/>¼ Cup<br/>¼ Cup<br/>¾ Cup</p>        |   |  |  | <p>1<br/>(WG) Chex Cereal<br/>Mandarin Oranges<br/>Milk &amp; Water</p>  | <p>2<br/>(WG) Croissant &amp; Jelly<br/>Apple Sauce<br/>Milk &amp; Water</p>           | <p>3<br/>Size Servings Ages 3-5<br/>1.5 Ounces / ⅜ Cup<br/>½ Slice / ¼ Cup<br/>¼ Cup<br/>¼ Cup<br/>¾ Cup</p>  |
| <p>4<br/>Size Servings Ages 1-2<br/>1.5 Ounces / ⅜ Cup<br/>½ Slice / ¼ Cup<br/>¼ Cup<br/>¼ Cup<br/>¾ Cup</p>  | <p>5<br/><b>School Closed<br/>Labor Day</b></p>                 | <p>6<br/>(WG) Pancakes<br/>Peach Slices<br/>Milk &amp; Water</p>     | <p>7<br/>(MG) Cheerio Cereal<br/>Pear Slices<br/>Milk &amp; Water</p>      | <p>8<br/>English Muffins<br/>Mandarin Oranges<br/>Milk &amp; Water</p>   | <p>9<br/>(WW) Bagel &amp; Cream<br/>Cheese<br/>Orange Slices<br/>Milk &amp; Water</p>  | <p>10<br/>Size Servings Ages 3-5<br/>1.5 Ounces / ⅜ Cup<br/>½ Slice / ¼ Cup<br/>¼ Cup<br/>¼ Cup<br/>¾ Cup</p> |
| <p>11<br/>Size Servings Ages 1-2<br/>1.5 Ounces / ⅜ Cup<br/>½ Slice / ¼ Cup<br/>¼ Cup<br/>¼ Cup<br/>¾ Cup</p> | <p>12<br/>WG) French Toast<br/>Peaches<br/>Milk &amp; Water</p> | <p>13<br/>(WG) Waffles<br/>Pineapple Chunks<br/>Milk &amp; Water</p> | <p>14<br/>All Bran Wheat Cereal<br/>Banana Slices<br/>Milk &amp; Water</p> | <p>15<br/>(WG) Chex Cereal<br/>Mandarin Oranges<br/>Milk &amp; Water</p> | <p>16<br/>(WG) Croissant &amp; Jelly<br/>Apple Sauce<br/>Milk &amp; Water</p>          | <p>17<br/>Size Servings Ages 3-5<br/>1.5 Ounces / ⅜ Cup<br/>½ Slice / ¼ Cup<br/>¼ Cup<br/>¼ Cup<br/>¾ Cup</p> |
| <p>18<br/>Size Servings Ages 1-2<br/>1.5 Ounces / ⅜ Cup<br/>½ Slice / ¼ Cup<br/>¼ Cup<br/>¼ Cup<br/>¾ Cup</p> | <p>19<br/>Oatmeal<br/>Apple Sauce<br/>Milk &amp; Water</p>      | <p>20<br/>(WG) Pancakes<br/>Pears Slices<br/>Milk &amp; Water</p>    | <p>21<br/>(MG) Cheerio Cereal<br/>Pear Slices<br/>Milk &amp; Water</p>     | <p>22<br/>English Muffins<br/>Mandarin Oranges<br/>Milk &amp; Water</p>  | <p>23<br/>(WW) Bagel &amp; Cream<br/>Cheese<br/>Orange Slices<br/>Milk &amp; Water</p> | <p>24<br/>Size Servings Ages 3-5<br/>1.5 Ounces / ⅜ Cup<br/>½ Slice / ¼ Cup<br/>¼ Cup<br/>¼ Cup<br/>¾ Cup</p> |
| <p>25<br/>Size Servings Ages 1-2<br/>1.5 Ounces / ⅜ Cup<br/>½ Slice / ¼ Cup<br/>¼ Cup<br/>¼ Cup<br/>¾ Cup</p> | <p>26<br/>WG) French Toast<br/>Peaches<br/>Milk &amp; Water</p> | <p>27<br/>(WG) Waffles<br/>Pineapple Chunks<br/>Milk &amp; Water</p> | <p>28<br/>All Bran Wheat Cereal<br/>Banana Slices<br/>Milk &amp; Water</p> | <p>29<br/>(WG) Chex Cereal<br/>Mandarin Oranges<br/>Milk &amp; Water</p> | <p>30<br/>(WG) Croissant &amp; Jelly<br/>Apple Sauce<br/>Milk &amp; Water</p>          | <p>Size Servings Ages 3-5<br/>1.5 Ounces / ⅜ Cup<br/>½ Slice / ¼ Cup<br/>¼ Cup<br/>¼ Cup<br/>¾ Cup</p>        |