

BREAKFAST MENU

2 Unflavored Oatmeal Grapefruit Milk	3 Pancakes/Waffles Oranges Milk	4 WIC approved cereal Tangerines Milk	5 Rice Krispies Fruit Plate Milk	6 WW English muffin Hash Browns Milk
7 Whole Wheat Bread Strawberries Milk	8 Whole Grain Bread Mandarin Oranges Milk	10 Unflavored Oatmeal Peaches Milk	11 Life Cereal Bananas Milk	12 Unflavored Oatmeal Apples Milk
13 WW English Muffin Applesauce Milk	14 Biscuits Hash Browns Milk	15 Whole Grain French Toast Strawberries Milk	16 Pancakes/Waffles Cantaloupe Milk	17 Pancakes/Waffles Bananas Milk
18 Kix Mandarin Oranges Milk	20 Crepes Raspberries Milk	21 Regular Cheerios Kiwi Milk	22 Cornbread/Corn Muffin Oranges Milk	23 WIC approved cereal Watermelon Milk
24 Rice Krispies Peaches milk	25 Unflavored Oatmeal Apples Milk	26 Frosted Mini Wheats Blueberries Milk	27 Blueberry Bread Bananas Milk	28 Bagel Applesauce Milk

This Institution is an Equal Opportunity Provider

## BREAKFAST MENU

<p>30 Whole Wheat Bread Oranges Milk</p>	<p>31 Unflavored oatmeal Applesauce Milk</p>	<p>32 Bagel Tomatoes Milk</p>	<p>33 Biscuits Grapes Milk</p>	<p>34 Regular Cheerios 100 % Juice Milk</p>
<p>35 Kix Bananas Milk</p>	<p>36 Banana Bread Apples Milk</p>	<p>38 Life Cereal Pears Milk</p>	<p>40 Brown Rice Apples Milk</p>	<p>41 Whole Grain French Toast Applesauce Milk</p>
<p>42 Pancakes/Waffles Blueberries Milk</p>	<p>43 Unflavored oatmeal 100% Juice Milk</p>	<p>44 WIC approved cereal Fruit Cocktail Milk</p>	<p>45 Homemade Muffins Bananas Milk</p>	<p>46 Muffin Peaches Milk</p>
<p>47 Grits Watermelon Milk</p>	<p>48 Tortilla Pinto Beans Milk</p>	<p>50 Yogurt Strawberries Milk</p>	<p>145 Egg Pears Milk</p>	<p>146 Egg Apples Milk</p>
<p>REMEMBER:</p> <ul style="list-style-type: none"> <li>• You can substitute a meat/meat alternate no more than 3 times per week in place of the grain/bread component. (ex: eggs, peanut butter, yogurt)</li> <li>• Cereals: no more than 6 grams of sugar per dry ounce</li> <li>• Grains: At least one of the servings of grains per day must be whole grain rich</li> <li>• Juice can only be served 1 time daily (best practice is no more than 2 times per week)</li> </ul>				