



October Breakfast

(WG) = Whole Grain

All Cereals Meets Sugar Limit Guidelines

Serving Sizes (Ages 1-2)	Mon	Tue	Wed	Thu	Fri	Serving Sizes (Ages 3-5)
Grain: 1/2 Slice/Serv/ 1/4 Cup Fruit: 1/4 Cup Milk: 1/2 Cup* D				1 Toast w/jelly Bananas Milk	2 Pancakes Bananas Milk	Grain: 1/2 Slice/Serv/ 1/4 Cup Fruit: 3/4 Cup Milk: 3/4 Cup*
	5 Rice Krispies Oranges Milk	6 Biscuit w/jelly Apples Milk	7 Cinnamon Toast Apple Sauce Milk	8 Oatmeal (WG) Milk	9 Corn Flakes Milk	
	12 Kix Cereal Apples Milk	13 French Toast Sticks Peaches Milk	14 Waffles (WG) Pears Milk	15 Bagels (WG) w/cream cheese Oranges Milk	16 Rice Krispies Apples Milk	
	19 Pancakes Pineapple Milk	20 Oatmeal (WG) Apples Milk	21 Biscuit w/jelly Pineapple Milk	22 English Muffin w/jelly Pears Milk	23 Toast w/jelly Mandarin Oranges Milk	
*Whole, unflavored milk is served to children one year of age and 1 percent, unflavored milk to all children two years of age and older.	26 Corn Flakes Oranges Milk	27 Waffles (WG) Applesauce Milk	28 Cheerios (WG) Oranges Milk	29 French Toast Sticks Bananas Milk	30 Bagels (WG) w/cream cheese Apples Milk	This institution is an equal opportunity provider.