



November 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* A	2 Rice Krispies Fruit Cocktail Milk	3 Toast w/jelly Apple Sauce Milk	4 Oatmeal (WG) Apples Milk	5 Biscuit w/jelly Oranges Milk	6 French Toast Sticks Apples Milk	Grain: 1/2 Slice/Serv/ 1/4 Cup Fruit: 3/4 Cup Milk: 3/4 Cup*
	9 Kix Cereal Peaches Milk	10 Waffles (WG) Apples Milk	11 Corn Flakes Oranges Milk	12 Cheerios (WG) Bananas Milk	13 Bagels w/cream cheese Bananas Milk	
	16 Rice Krispies Fruit Cocktail Milk	17 Oatmeal (WG) Apples Milk	18 Cinnamon Toast Apples Milk	19 Biscuit w/jelly Oranges Milk	20 English Muffin w/jelly Oranges Milk	
	23 Bagels (WG) w/cream cheese Peaches Milk	24 Kix Cereal Pineapple Milk	25 French Toast Sticks Apples 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.	30 Rice Krispies Oranges Milk					This institution is an equal opportunity provider.