

(WG) = Whole Grain

(E) = Contains Egg

March Breakfast

| Serving Sizes (Ages | 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* H | | | | | 1 Bagels (WG) 1/2 slice (1.5 oz) w/cream cheese Apples | Grain: 1/2 Slice/Serv/ 1/4 Cup Fruit: 3/4 Cup Milk: 3/4 Cup* |
| | 4 Rice Krispies 3/4 cup (.70 oz) Fruit Cocktail | 5 Toast w/jelly 1/2 slice (.57 oz) Applesauce | 6 Oatmeal (WG) 1/4 cup (.50 oz) Apples | 7 Biscuit w/jelly 1 biscuit (1 oz) Oranges | 8 French Toast (E) 2 sticks (1.92oz) Apples | |
| | 11 Kix Cereal 3/4 cup (.54 oz) Peaches | 12 Waffles (WG) (E) 1/2 oz eq = 1/2 waffle (.6oz) Apples | 13 Corn Flakes 1/2 cup (.45 oz) Oranges | 14 Cheerios (WG) 1/2 cup (.49 oz) Bananas | 15 Bagels (WG) 1/2 slice (1.5 oz) w/cream cheese Bananas | |
| | 18 Rice Krispies 3/4 cup (.70 oz) Fruit Cocktail | 19 Oatmeal (WG) 1/4 cup (.50 oz) Apples | 20 Cinnamon Toast 1/2 slice (.57 oz) Apple Sauce | 21 Biscuit w/jelly 1 biscuit (1 oz) Oranges | 22 English Muffins w/jelly 1/2 muffin (1.2 oz) Applesauce | |
| *Whole, unflavored milk is served to chil- dren one year of age and 1 percent, unfla- vored milk to all chil- dren two years of age | 25 Bagels (WG) 1/2 slice (1.5 oz) w/cream cheese Apples | 26 Kix Cereal 3/4 cup (.54 oz) Pineapple | 27 French Toast (E) 2 sticks (1.92oz) Apples | 28 Toast w/jelly 1/2 slice (.57 oz) Bananas | 29 Pancakes (E) 1 Pancake (1.58 oz) Bananas | This institution is an equal opportunity provider. |

***Breakfast is served with Milk.