

		<b>Wednesday 1</b>	<b>Thursday 2</b>	<b>Friday 3</b>
		Orange slices Low sugar cereal	Apple slices Waffles	Mixed fruit Low sugar cereal
<b>Monday 6</b>	<b>Tuesday 7</b>	<b>Wednesday 8</b>	<b>Thursday 9</b>	<b>Friday 10</b>
Diced pears Low sugar cereal	Applesauce Pancakes	Diced pineapple Low sugar cereal	Turkey sausage & egg patty Cheese slice Diced peaches Tortilla wrap	Diced banana Low sugar cereal
<b>Monday 13</b>	<b>Tuesday 14</b>	<b>Wednesday 15</b>	<b>Thursday 16</b>	<b>Friday 17</b>
Apple sauce Low sugar cereal	Soy butter Orange slices Raisin bread	Mixed fruit Low sugar cereal	Yogurt cup Blueberries Peanut free granola	Diced peaches Low sugar cereal
<b>Monday 20</b>	<b>Tuesday 21</b>	<b>Wednesday 22</b>	<b>Thursday 23</b>	<b>Friday 24</b>
Diced pears Low sugar cereal	Sliced cheese Diced pears English muffin	Orange slices Low sugar cereal	Apple slices Waffles	Mixed fruit Low sugar cereal
<b>Monday 27</b>	<b>Tuesday 28</b>	<b>Wednesday 29</b>	<b>Thursday 30</b>	<b>Friday 31</b>
Diced pears Low sugar cereal	Applesauce Pancakes	Diced pineapple Low sugar cereal	Turkey sausage & egg patty Cheese slice Diced peaches Tortilla wrap	Diced banana Low sugar cereal

## May 2yr-5yr Breakfast Menu



Serving Size Key		
Age	2 yr. old	3-5 yr. old
Milk	4 fluid oz. 1% milk	6 fluid oz. 1% milk
Cheese	½-1 oz.	½-1 oz.
Yogurt	1-2 oz.	1-2 oz.
Fruits/Vegetables	2 oz. each	2-4 oz. each
Whole grain-rich or enriched bread	½ slice	½ slice
bread product	½ serving	½ serving
cereal grain	2 oz. or ¼ c.	2.6 oz or 1/3 c.

### Color Code

**Protein** **Veggie** **Fruit** **Grain**

**\*Milk must be offered during breakfast\***