

		Wednesday 1	Thursday 2	Friday 3
		Orange slices Low sugar cereal	Apple slices Waffles	Mixed fruit Low sugar cereal
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
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
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
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
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Diced pears Low sugar cereal	Sliced cheese Diced pears English muffin	Orange slices Low sugar cereal	Apple slices Waffles	Mixed fruit Low sugar cereal
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
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 6-12 yr Breakfast Menu

Serving Size Chart	
Age	6-12 yr. old
Milk	8 fluid oz. 1% milk
Cheese/meat	1 oz. each
yogurt	2-4 oz.
Fruit/Vegetables	1/2 c.
Whole grain-rich or enriched bread	1 slice
Bread product	1 serving
Cereal grain	6 oz. or ¾ c.



Color Code

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

Milk must be offered during breakfast