

January 2019 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 New Year's Day Center Closed	2 (WG) Kix Cereal Pineapples Milk	3 (WG) Waffles w/ Syrup Pears Milk	4 (WG) Rice Chex Cereal Bananas Milk
7 Bagels w/ Cream Cheese Fruit Cocktail Milk	8 Cinnamon (WG) Toast Bananas Milk	9 Strawberry Yogurt (WG) Cheerios Peaches Milk	10 French Toast Sticks w/ Syrup Pineapples Milk	11 Egg Patty w/ Cheese on (WG) Flatbread Applesauce, Milk
14 Buttered (WG) Biscuits Pears Milk	15 (WG) Kix Cereal Citrus Salad Milk	16 (WG) Waffles w/ Syrup Applesauce Milk	17 (WG) Rice Chex Cereal Tropical Fruit Milk	18 (WG) Pancakes w/ Syrup Pineapples Milk
21 French Toast Sticks w/ Syrup Bananas Milk	22 Egg Patty w/ Cheese on (WG) Flatbread F. Cocktail, Milk	23 Bagels w/ Cream Cheese Mandarin Oranges, Milk	24 (WG) Cheerios Peaches Milk	25 (WG) Toast w/ Jelly GS Apple Slices Milk
28 (WG) Pancakes w/ Syrup Mandarin Oranges, Milk	29 Buttered (WG) Biscuits w/ Jelly, Apple Slices, Milk	30 (WG) Kix Cereal Pineapples Milk	31 (WG) Waffles w/ Syrup Pears Milk	

Food Components	Minimum Serving Sizes: 1-2 years	Minimum Serving Sizes: 3-5 years	Minimum Serving Sizes: 6-12 years
Fluid Milk	4 fluid ounces	6 fluid ounces	8 fluid ounces
Vegetables/Fruits	1/4 cup	1/2 cup	1/2 cup
Grain Cereal	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup

***Please utilize Breakfast Meal Pattern Sheet posted by menu in kitchen for additional information on serving sizes.**