

August 2018 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Waffles w/ Syrup Applesauce Milk	2 (WG) Rice Chex Cereal Tropical Fruit Milk	3 (WG) Pancakes w/ Syrup Pineapples Milk
6 Breakfast Pizza Bananas Milk	7 (WG) French Toast Sticks w/ Syrup Fruit Cocktail Milk	8 Biscuits Mandarin Oranges Milk	9 Toast w/ Jelly Peaches Milk	10 Bagels w/ Cream Cheese GS Apple Slices Milk
13 (WG) Pancakes w/ Syrup Citrus Salad Milk	14 Biscuits w/ Jelly Bananas Milk	15 (WG) Kix Cereal Pineapples Milk	16 Flatbread w/ Egg Pears Milk	17 Waffles w/ Syrup Applesauce Milk
20 Bagels w/ Cream Cheese Fruit Cocktail Milk	21 Cinnamon Toast Bananas Milk	22 Blueberry Yogurt (WG) Cheerios Peaches Milk	23 (WG) French Toast Sticks w/ Syrup Pineapples Milk	24 Breakfast Pizza Apple Slices Milk
27 (WG) Flatbread w/ Egg Pears Milk	28 (WG) Kix Cereal Mandarin Oranges Milk	29 Waffles w/ Syrup Applesauce Milk	30 (WG) Rice Chex Cereal Tropical Fruit Milk	31 (WG) Pancakes w/ Syrup Pineapples 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	1/2 slice	1/2 slice	1 slice
Cereal	1/4 cup	1/4 cup	1/2 cup

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