

November 2018 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Toast w/ Jelly Peaches Milk	2 Bagels w/ Cream Cheese GS Apple Slices Milk
5 (WG) Pancakes w/ Syrup Citrus Salad Milk	6 Biscuits w/ Jelly Bananas Milk	7 (WG) Kix Cereal Pineapples Milk	8 Flatbread w/ Egg Patty Pears Milk	9 Waffles w/ Syrup Applesauce Milk
12 Bagels w/ Cream Cheese Fruit Cocktail Milk	13 Cinnamon Toast Bananas Milk	14 Blueberry Yogurt (WG) Cheerios Peaches Milk	15 French Toast Sticks w/ Syrup Pineapples Milk	16 Cinnamon Toast Apple Slices Milk
19 (WG) Flatbread w/ Egg Patty Pears Milk	20 (WG) Kix Cereal Mandarin Oranges Milk	21 Waffles w/ Syrup Tropical Fruit Milk	22 Thanksgiving Day Center Closed	23 Day After Thanksgiving Center Closed
26 Breakfast Pizza Bananas Milk	27 (WG) French Toast Sticks w/ Syrup Fruit Cocktail Milk	28 Biscuits Mandarin Oranges Milk	29 Toast w/ Jelly Peaches Milk	30 Bagels w/ Cream Cheese GS Apple Slices 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.**