

# Breakfast Menu (July 2024)



MON	TUE	WED	THU	FRI
1	2	3	4	5
Cereal, Fruit & Milk (WGR) Cheerios Milk	Yogurt Parfait with Granola and Peach (WGR)	Whole Grain Oat Muffin With Fruit and Milk (WGR)	Apple Cinnamon Muffins with Fruit & Milk (WGR)	Sun Butter & Jelly Wraps with Fruit and Milk (WGR)
8	9	10	11	12
Cereal, Fruit & Milk (WGR) Corn Flakes Milk	Pear Yogurt Parfait with Granola (WGR)	Blueberry Muffin with Fruit & Milk (WGR)	French Toast Sticks and Apple Sauce (WGR)	Sun Butter & Jelly Sandwich with Fruit and Milk (WGR)
15	16	17	18	19
Cereal, Fruit & Milk (WGR) Cheerios Milk	Yogurt Parfait with Granola and Peach (WGR)	Whole Grain Oat Muffin With Fruit and Milk (WGR)	Apple Cinnamon Muffins with Fruit & Milk (WGR)	Sun Butter & Jelly Wraps with Fruit and Milk (WGR)
22	23	24	25	26
Cereal, Fruit & Milk (WGR) Corn Flakes Milk	Pear Yogurt Parfait with Granola (WGR)	Blueberry Muffin with Fruit & Milk (WGR)	French Toast Sticks and Apple Sauce (WGR)	Sun Butter & Jelly Sandwich with Fruit and Milk (WGR)
29	30	31		
Cereal, Fruit & Milk (WGR) Cheerios Milk	Yogurt Parfait with Granola and Peach (WGR)	Whole Grain Oat Muffin With Fruit and Milk (WGR)		

**Pre-School Serving Sizes**

Meat 2.0 oz Grains 1-2 oz Bread 1/2 slice Vegetables 1/4 cup Fruit 1/4 cup

**Grade - High School Serving Sizes**

Meat 2.5 oz Grains 2-3 oz Bread 1 slice Vegetables 3/4 cup Fruit 3/4 cup

Dairy Free (DF) Gluten Free (GF) Soy Free (SF)

Veggie inside entree marked with (\*)

Items marked with ^ contain Allergens. See ingredient list for detail

The main grain component in each meal are "WGR" - Whole Grain Rich