



**Breakfast & Snack      October 2023 – August 2024**

<b>DAY</b>	<b>MENU</b>	<b>SERVING SIZE</b>
<b>MON</b>	<b>Rice Chex (Whole Grain)</b>	<b>½ cup or 14 gr</b>
	<b>Fresh fruit</b>	<b>½ cup</b>
	<b>Milk</b>	<b>¾ cup</b>
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	<b>Graham cracker approx. 5"x2 ½" .6oz/16gr</b>	<b>1 each</b>
	<b>Diced Peaches</b>	<b>½ cup</b>
<b>TUES</b>	<b>Cinnamon toasted oats (whole grain)</b>	<b>½ cup or 14 gr</b>
	<b>Fresh fruit</b>	<b>½ cup</b>
	<b>Milk</b>	<b>¾ cup</b>
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	<b>Saltines – 2"x2"</b>	<b>4 each or 12 gr</b>
	<b>Strawberry/banana yogurt - 4oz</b>	<b>1 each</b>
<b>WED</b>	<b>Bran muffin – 2 oz or 56 gr</b>	<b>1 each</b>
	<b>Fresh fruit</b>	<b>½ cup</b>
	<b>Milk</b>	<b>¾ cup</b>
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	<b>Diced pears</b>	<b>½ cup</b>
	<b>Cereal mix</b>	<b>½ cup or 14 gr</b>
<b>THUR</b>	<b>Kix cereal (Whole Grain)</b>	<b>¾ cup or 14 gr</b>
	<b>Fresh fruit</b>	<b>½ cup</b>
	<b>Milk</b>	<b>¾ cup</b>
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	<b>Cinnamon crackers</b>	<b>10 crackers</b>
	<b>(Whole grain 1" x 1" 1/2 oz or 14 gr)</b>	
	<b>Vanilla yogurt</b>	<b>3/8 cup</b>
<b>FRI</b>	<b>Oatmeal (Whole Grain)</b>	<b>½ cup cooked</b>
	<b>Peaches &amp; blueberries</b>	<b>½ cup</b>
	<b>Milk</b>	<b>¾ cup</b>
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	<b>Triscuits 1 ½ x 1 ½</b>	<b>3 each or 11 gr</b>
	<b>Cucumber slices</b>	<b>1/2 cup</b>



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<b>DAY</b>	<b>MENU</b>	<b>SERVING SIZE</b>
<b>MON</b>	Wheat flakes (Whole Grain)	½ cup or 14 gr
	Fresh fruit	½ cup
	Milk	¾ cup
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	Wheat thins (1 ¼" x 1 ¼" 1/2 oz or 14 gr)	8 crackers
	String cheese ½ oz	1 each
<b>TUES</b>	Whole wheat biscuit (Whole Grain)	1 each
	Fresh fruit	½ cup
	Milk	¾ cup
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	Yogurt	3/8 cup
	Whole grain cereal mix w/oatmeal	1/3 cup or 15 gr
<b>WED</b>	Toasted oats (Whole Grain)	½ cup or 14 gr
	Fresh fruit	½ cup
	Milk	¾ cup
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	Soft pretzel – .8 oz or 24 gr	1 each
	Apple sauce	½ cup
<b>THUR</b>	Rice krispies (Whole Grain)	¾ cup or 14 gr
	Fresh fruit	½ cup
	Milk	¾ cup
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	Whole wheat pita 1.9 oz or 54gr (Whole Grain)	½ each
	Mozzarella cheese	½ oz
	Tomato sauce	1 Tbsp
<b>FRI</b>	Oatmeal (Whole Grain)	½ cup cooked
	Apple	½ cup
	Milk	¾ cup
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<b>Soft breadsticks 1 ½ oz (Whole Grain)</b>	<b>1/2 each</b>
<b>Cheese cubes – 1/2 oz each cube</b>	<b>2 each</b>