



Breakfast Sample Menus

* Whole Grain Included

Milk Apple Slices Oatmeal *	Milk Mandarin Oranges Croissant w/ Ham	Milk Fruit Cocktail French Toast Sticks	Milk Applesauce Cinnamon Toast *	Milk Bananas Cheerios *
1	2	3	4	5
Milk Cantaloupe Eggs Toast *	Milk Pears Biscuit w/ Sausage Patty	Milk Peaches Whole Grain Pancakes*	Milk Fruit Cocktail Yogurt	Milk Hashbrowns Tortilla Egg w/ Cheese
6	7	8	9	10
Milk Banana Corn Flakes	Milk Raisins Oatmeal *	Milk Melon Cheese Toast *	Milk Pineapple Pig n Blanket (Homemade)	Milk Apple Slices Bagel w/ Cream cheese
11	12	13	14	15
Milk Applesauce Graham Crackers	Milk Mixed Fruit Waffles	Milk Orange slices Egg/Cheese Omlette	Milk Tropical Fruit Tortilla w/ Refried Beans/Cheese	Milk Potatoe Rounds Corn Tortilla w/ Eggs
16	17	18	19	20
Milk Fruit Cocktail Blueberry Muffin	Milk Banana PB/J Sandwich on Wheat Bread *	Milk Cantaloupe Egg/Cheese on a Whole Grain bun *	Milk Baked Apples Whole Grain Toast *	Milk Berries Rice Krispies Cereal
21	22	23	24	25
Milk Raisins Banana Nut Muffin	Milk Tator Tots Eggs and Cheese Casserole	Milk Apple Slices Peanut Butter	Milk Banana Peanut Butter Granola Chocolate Chips	Milk Peaches Biscuits w/ Gravy
26	27	28	29	30