



Sample Breakfast Menus

9-12

Week 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Oatmeal WG X1.5 (3/4 cup) Light String Cheese (1 oz)	Bagel WG X2 (1 whole) Cream Cheese (1 TBSP) Canadian Bacon (1.5 oz)	Teddy Graham Crackers WG (1 oz pkg)	Sausage/Egg Biscuit WG (1 prepack)	Cheese Toast WG (2 slices) (2 oz cheese)
Cereal WG (1 bowl)	Cereal WG (1 bowl)	Cereal WG (1 bowl)	Cereal WG (1 bowl)	Cereal WG (1 bowl)
Fresh Tangelo (1) Assorted Fruit Juice (4 fl oz)	Fresh Apple (1) Dried Cranberries (1/2 cup)	Fresh Banana (1) Assorted Fruit Juice (4 fl oz)	Fresh Kiwi (3/4 cup) Dried Fruit Mix (1/2 cup)	Fresh Strawberries (3/4 cup) Dried Fruit Mix (1/2 cup)

Week 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Oatmeal WG X1.5 (3/4 cup) Blueberry Muffin WG (1.8 oz)	Pop-Tart WG X2 (1 whole)	Breakfast Sausage Pizza Bagel WG (1)	Breakfast Hot Pocket WG (1)	Soft Pretzel WG (1)
Cereal WG (1 bowl)	Cereal WG (1 bowl)	Cereal WG (1 bowl)	Cereal WG (1 bowl)	Cereal WG (1 bowl)
Fresh Blueberries (3/4 cup) Dried Fruit Mix (3/4 cup)	Fresh Orange Smiles (2 halves) Frozen Fruit Cup (4 oz)	Fresh Banana (1) Dried Fruit Mix (3/4 cup)	Fresh Grapes (3/4 cup) Assorted Fruit Juice (4 fl oz)	Fresh Apple Wedges (1 cup) Assorted Fruit Juice (4 fl oz)

Yogurt Offered Daily

Low-fat and Fat-free Unflavored and Fat-free Flavored Milk Offered Daily

WG = Whole Grain