



# Sample Breakfast Menus

K-5

## Week 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Oatmeal <b>WG (1/2 cup)</b> Light String Cheese (1 oz)	Bagel <b>WG X2 (1 whole)</b> Cream Cheese (1 TBSP) Canadian Bacon (1.5 oz)	Teddy Graham Crackers <b>WG (1 pkg)</b>	Sausage/Egg Biscuit <b>WG (1 prepack)</b>	Cheese Toast <b>WG (1 slice)</b> (1 oz cheese)
Cereal <b>WG (1 bowl)</b>	Cereal <b>WG (1 bowl)</b>	Cereal <b>WG (1 bowl)</b>	Cereal <b>WG (1 bowl)</b>	Cereal <b>WG (1 bowl)</b>
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 (1/2 cup) Dried Fruit Mix (1/2 cup)	Fresh Strawberries (1/2 cup) Dried Fruit Mix (1/2 cup)

## Week 2

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