

**Breakfast & Snack**

October 2025 – August 2026

DAY	MENU	SERVING SIZE
MON	Rice Chex (Whole Grain)	$\frac{1}{2}$ cup or 14 gr
	Fresh fruit	$\frac{1}{2}$ cup
	Milk	$\frac{3}{4}$ cup
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	Strawberry Oatmeal Bar (whole grain)	1 each
	Cheese cubes – 1/2 oz each cube	2 each
TUES	Cinnamon toasted oats (whole grain)	$\frac{1}{2}$ cup or 14 gr
	Fresh fruit	$\frac{1}{2}$ cup
	Milk	$\frac{3}{4}$ cup
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	Saltines – 2"x2"	4 each or 12 gr
	Strawberry/banana yogurt - 4oz	1 each
WED	Bran muffin – 2 oz or 56 gr	1 each
	Fresh fruit	$\frac{1}{2}$ cup
	Milk	$\frac{3}{4}$ cup
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	Diced pears	$\frac{1}{2}$ cup
	Cereal mix	$\frac{1}{2}$ cup or 14 gr
THUR	Kix cereal (Whole Grain)	$\frac{3}{4}$ cup or 14 gr
	Fresh fruit	$\frac{1}{2}$ cup
	Milk	$\frac{3}{4}$ cup
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	Vanilla yogurt	$\frac{3}{8}$ cup
	Whole grain cereal mix w/oatmeal	$\frac{1}{3}$ cup or 15 gr
FRI	Oatmeal (Whole Grain)	$\frac{1}{2}$ cup cooked
	Peaches & blueberries	$\frac{1}{2}$ cup
	Milk	$\frac{3}{4}$ cup
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	Veggie crackers	10 crackers
	(Whole grain 1" x 1" 1/2 oz or 14 gr)	
	Apple slices – 2 oz	1 each



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<b>DAY</b>	<b>MENU</b>	<b>SERVING SIZE</b>
<b>MON</b>	<b>Wheat flakes (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>Wheat thins (1 ¼" x 1 ¼" 1/2 oz or 14 gr)</b>	<b>8 crackers</b>
	<b>Cheddar cheese round (3/4 oz)</b>	<b>1 each</b>
<b>TUES</b>	<b>Rice crispies</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>Sweet potato 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>WED</b>	<b>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>Whole wheat pita 1.9 oz or 54gr (Whole Grain)</b>	<b>½ each</b>
	<b>Mozzarella cheese</b>	<b>½ oz</b>
	<b>Tomato sauce</b>	<b>1 Tbsp</b>
<b>THUR</b>	<b>Whole wheat bagel</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>Soft pretzel – .8 oz or 24 gr</b>	<b>1 each</b>
	<b>Apple sauce</b>	<b>½ cup</b>
<b>FRI</b>	<b>Oatmeal (Whole Grain)</b>	<b>½ cup cooked</b>
	<b>Apple</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>