These sample breakfast ideas can be used any day; not meant to be followed strictly in order - just healthy choices ideas!

BREAKFAST Please write in ***SPECIFIC*** fruits, veggies, cereals, dips, and spreads for planned and served menus! **FY 20-21**

		Temp.		Temp.		Temp.		Temp.		Temp.
FOOD COMPONENTS	MONDAY	**F***	TUESDAY	**F***	WEDNESDAY	**F***	THURSDAY	**F***	FRIDAY	**F***
Milk, fluid 3/4 cup Meat/Alt 1 1/2 oz Fruit 1/2 cup Grains 1/2 oz eq	MILK Circle: **FF** or **1%** Cottage Cheese Fresh Fruit or veggie Cheerios		MILK Circle: **FF** or **1%** Peanut butter Applesauce WG English muffin		MILK Circle: **FF** or **1%** Cheddar cheese slice Applesauce WG waffles		MILK Circle: **FF** or **1%** Refried beans * (Protein) Fresh fruit Tortilla		**Please see "Choose Healthy Breakfast Cereals" for acceptable selections.**	
FOOD COMPONENTS	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Milk, fluid 3/4 cup Meat/Alt 1 1/2 oz Fruit 1/2 cup Grains 1/2 oz eq	MILK Circle: **FF** or **1%** Hard cooked egg Orange slices Toast		MILK Circle: **FF** or **1%** Mozzarella string cheese Blueberries- fresh/frozen Oatmeal		MILK Circle: **FF** or **1%** Yogurt Banana WG pancake		MILK Circle: **FF** or **1%** Cottage cheese sprinkled with dill or chives; Fresh fruit or veggie WG Toast		***Refried beans count as either a protein or a vegetable.**	
FOOD COMPONENTS	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Milk, fluid 3/4 cup Meat/Alt 1 1/2 oz Fruit 1/2 cup Grains 1/2 oz eq	MILK Circle: **FF** or **1%** Yogurt Fresh fruit Crispix		MILK Circle: **FF** or **1%** Peanut Butter Fruit WG Tortilla shell Simply Fruit ("extra")		MILK Circle: **FF** or **1%** Yogurt Fresh Fruit Oatmeal		MILK Circle: **FF** or **1%** Cheddar cheese Fruit Waffles			
FOOD COMPONENTS	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Milk, fluid 3/4 cup Meat/Alt 1 1/2 oz Fruit 1/2 cup Grains 1/2 oz eq	MILK Circle: **FF** or **1%** Cottage cheese Fresh fruit Rice Chex		MILK Circle: **FF** or **1%** Yogurt Fruit WG Pancakes		MILK Circle: **FF** or **1%** Cheddar cheese Fruit WG Toast		MILK Circle: **FF** or **1%** Peanut butter Fresh fruit WG Bagel			
FOOD COMPONENTS	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Milk, fluid 3/4 cup Meat/Alt 1 1/2 oz Fruit 1/2 cup Grains 1/2 oz eq	MILK Circle: **FF** or **1%** Mozz string cheese Fresh fruit Rice Krispies Gluten Free		MILK Circle: **FF** or **1%** Peanut butter Fruit Oatmeal Toast		MILK Circle: **FF** or **1%** Yogurt Fresh fruit Waffles		MILK Circle: **FF** or **1%** Cottage Cheese Fruit French toast sticks			

Take attendance at point of service: when the child has received a meal but the meal service is not yet complete **Water will always be available and offered.**