

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 22-23**

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