

Breakfast Meal Pattern - 9th - 12th

Select all 3 components

**1 fruit/ vegetable** = 1 cup

--fruit/juice and/or vegetable

**1 whole grain rich selection(s)** = 1oz

--biscuit, roll, muffin, bread, cereal

**1 milk** = 1 Cup

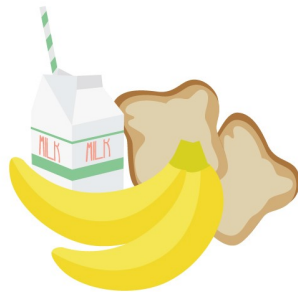
--fluid milk

Menu is subject to change  
without notice

**City Day**

**MAY 2019**  
**Breakfast Calendar**

	Mon	Tue	Wed	Thu	Fri
			1 Wg Bagel-2oz Cream Cheese-1oz Fruit-1c Milk-1c *Craisins - 1/2c Alt	2 Cold Cereal - 1oz Wg Muffin-1oz Fruit-1c Milk-1c *Craisins - 1/2c Alt	3 BreakfastSlider 4oz Fruit-1c 100% Juice-1/2c Milk-1c
6	Breakfast Bar-2oz Fruit-1c 100% Juice-1/2c Milk-1c	7 Cold Cereal - 1oz Breakfast Bar-1oz Apple-1c Milk-1c *Craisins - 1/2c Alt	8 Yogurt -1oz Chewy Granola Bar-1oz Fruit-1c Milk-1c	9 Wg Bagel-2oz Cream Cheese-1oz 100% Juice-1/2c Fruit-1/2c/Milk-1c	10 Hash Browns-1oz Wg Donut-2oz 100% Juice-1/2c Fruit-1/2c Milk-1c
13	Zee Zee Bar-2oz Fruit-1/2c 100% Juice-1/2c Milk-1c	14 Cold Cereal - 1oz Wg Poptart-1oz Fruit-1c Milk-1c *Craisins - 1/2c Alt	15 Wg Waffle-2oz Boiled Egg-1oz Fruit-1c Milk-1c *Craisins - 1/2c Alt	16 Cinnamon Roll-1oz Turkey Sausage -1oz Fruit-1c Milk-1c *Craisins - 1/2cAlt	17 Breakfast Bar-1oz Cold Cereal-1oz 100% Juice-1/2c Fruit-1/2c Milk-1c
20	Cold Cereal-1oz Super Donut-1oz Fruit-1/2c 100% Juice-1/2c Milk-1c	21 Breakfast Bar-2oz Fruit-1c Milk-1c *Craisins - 1/2c Alt	22 Hash Brown-1oz Donut-1oz 100% Juice-1/2c Fruit-1/2c/Milk	23	24
29		30			



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equal opportunity  
provider.**