Breakfast July 2026

(WGR) – Whole Grain (WW) – Whole Wheat (MGR) – Multi Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup	**This institution is an equal opportunity provider**	Free Meal modifications are available upon request for participants with disabilities	1 (MGR) Cheerio Cereal Pear Slices Milk and Water	2 English Muffins w/Jelly Banana Milk and Water	3 **School Closed Independence Day**	4 **Size Servings Ages 3-5** 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup
5 **Size Servings Ages 1-2** 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup	6 (WGR) French Toast Peaches Milk and Water	7 All Bran Cereal Apple Sauce Milk and Water	8 (WGR) Waffles Pineapple Chunks Milk and Water	9 Chex Cereal Mandarin Orange Milk and Water	10 (WW) Toast & Jelly Apple Sauce Milk and Water	11 **Size Servings Ages 3-5** 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup
12 **Size Servings Ages 1-2** 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup	13 Oatmeal Orange Slice Milk and Water	14 (WGR) Pancakes Peach Slices Milk and Water	15 (MGR) Cheerio Cereal Pear Slices Milk and Water	16 English Muffins w/Jelly Banana Milk and Water	17 (WW) Bagels & Cream Cheese Orange Slices Milk and Water	18 **Size Servings Ages 3-5** 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup
19 **Size Servings Ages 1-2** 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup	20 (WGR) French Toast Peaches Milk and Water	21 All Bran Cereal Apple Sauce Milk and Water	22 (WGR) Waffles Pineapple Chunks Milk and Water	23 Chex Cereal Mandarin Orange Milk and Water	24 (WW) Toast & Jelly Apple Sauce Milk and Water	25 **Size Servings Ages 3-5** 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup
26 **Size Servings Ages 1-2** 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup	27 Oatmeal Orange Slice Milk and Water	28 (WGR) Pancakes Peach Slices Milk and Water	29 (MGR) Cheerio Cereal Pear Slices Milk and Water	30 English Muffins w/Jelly Banana Milk and Water	31 (WW) Bagels & Cream Cheese Orange Slices Milk and Water	**Size Servings Ages 3-5** 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup