

Breakfast

September 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, ⅙ Cup		1 (WGR) Pancakes Peach Slices Milk and Water	2 (MGR) Cheerio Cereal Pear Slices Milk and Water	3 English Muffins w/Jelly Banana Milk and Water	4 (WW) Bagels & Cream Cheese Orange Slices Milk and Water	5 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅙ Cup
6 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅙ Cup	7 Labor Day School Closed	8 All Bran Cereal Apple Sauce Milk and Water	9 (WGR) Waffles Pineapple Chunks Milk and Water	10 Chex Cereal Mandarin Orange Milk and Water	11 (WW) Toast & Jelly Apple Sauce Milk and Water	12 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅙ Cup
13 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅙ Cup	14 Oatmeal Orange Slice Milk and Water	15 (WGR) Pancakes Peach Slices Milk and Water	16 (MGR) Cheerio Cereal Pear Slices Milk and Water	17 English Muffins w/Jelly Banana Milk and Water	18 (WW) Bagels & Cream Cheese Orange Slices Milk and Water	19 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅙ Cup
20 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅙ Cup	21 (WGR) French Toast Peaches Milk and Water	22 All Bran Cereal Apple Sauce Milk and Water	23 (WGR) Waffles Pineapple Chunks Milk and Water	24 Chex Cereal Mandarin Orange Milk and Water	25 (WW) Toast & Jelly Apple Sauce Milk and Water	26 Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅙ Cup
27 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅙ Cup	28 Oatmeal Orange Slice Milk and Water	29 (WGR) Pancakes Peach Slices Milk and Water	30 (MGR) Cheerio Cereal Pear Slices Milk and Water	**This institution is an equal opportunity provider**	Free Meal modifications are available upon request for participants with disabilities	Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅙ Cup