

# Breakfast

# September 2023

WG – Whole Grain    WW - Whole Wheat    MG – Multi Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Size Servings Ages 1-2 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>					<p><b>1</b> (WG) Croissant &amp; Jelly Apple Sauce Milk &amp; Water</p>	<p><b>2</b> Size Servings Ages 3-5 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>
<p><b>3</b> Size Servings Ages 1-2 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>	<p><b>4</b> <b>School Closed</b> <b>Labor Day</b></p>	<p><b>5</b> (WG) Pancakes Peach Slices Milk &amp; Water</p>	<p><b>6</b> (MG) Cheerio Cereal Pear Slices Milk &amp; Water</p>	<p><b>7</b> English Muffins Mandarin Oranges Milk &amp; Water</p>	<p><b>8</b> (WW) Bagel &amp; Cream Cheese Orange Slices Milk &amp; Water</p>	<p><b>9</b> Size Servings Ages 3-5 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>
<p><b>10</b> Size Servings Ages 1-2 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>	<p><b>11</b> (WG) French Toast Peaches Milk &amp; Water</p>	<p><b>12</b> (WG) Waffles Pineapple Chunks Milk &amp; Water</p>	<p><b>13</b> All Bran Wheat Cereal Banana Slices Milk &amp; Water</p>	<p><b>14</b> (WG) Chex Cereal Mandarin Oranges Milk &amp; Water</p>	<p><b>15</b> (WG) Croissant &amp; Jelly Apple Sauce Milk &amp; Water</p>	<p><b>16</b> Size Servings Ages 3-5 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>
<p><b>17</b> Size Servings Ages 1-2 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>	<p><b>18</b> Oatmeal Apple Sauce Milk &amp; Water</p>	<p><b>19</b> (WG) Pancakes Pears Slices Milk &amp; Water</p>	<p><b>20</b> (MG) Cheerio Cereal Pear Slices Milk &amp; Water</p>	<p><b>21</b> English Muffins Mandarin Oranges Milk &amp; Water</p>	<p><b>22</b> (WW) Bagel &amp; Cream Cheese Orange Slices Milk &amp; Water</p>	<p><b>23</b> Size Servings Ages 3-5 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>
<p><b>24</b> Size Servings Ages 1-2 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>	<p><b>25</b> (WG) French Toast Peaches Milk &amp; Water</p>	<p><b>26</b> (WG) Waffles Pineapple Chunks Milk &amp; Water</p>	<p><b>27</b> All Bran Wheat Cereal Banana Slices Milk &amp; Water</p>	<p><b>28</b> (WG) Chex Cereal Mandarin Oranges Milk &amp; Water</p>	<p><b>29</b> (WG) Croissant &amp; Jelly Apple Sauce Milk &amp; Water</p>	<p><b>30</b> Size Servings Ages 3-5 1.5 Ounces / <math>\frac{3}{8}</math> Cup <math>\frac{1}{2}</math> Slice / <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{1}{4}</math> Cup <math>\frac{3}{4}</math> Cup</p>