

Breakfast

April 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, ⅓ Cup	**This institution is an equal opportunity provider**		1 (MGR) Cheerio Cereal Pear Slices Milk and Water	2 English Muffins with Jelly Banana Milk and Water	3 (WW) Bagels & Cream Cheese Orange Slices Milk and Water	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, ⅓ 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, ⅓ Cup	6 (WGR) French Toast with Jelly Peaches Milk and Water	7 All Bran Cereal Apple Sauce Milk and Water	8 (WGR) Waffles with Syrup Orange Slices Milk and Water	9 Chex Cereal Orange Slices 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, ⅓ 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, ⅓ Cup	13 Oatmeal Orange Slices Milk and Water	14 (WGR) Pancakes with Syrup Peach Slices Milk and Water	15 (MGR) Cheerio Cereal Pear Slices Milk and Water	16 English Muffins with Jelly Banana Milk and Water	17 (WW) Bagels & Cream Cheese Orange Slices Milk and Water ilk	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, ⅓ 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, ⅓ Cup	20 (WGR) French Toast with Jelly Peaches Milk and Water	21 All Bran Cereal Apple Sauce Milk and Water	22 (WGR) Waffles with Syrup Pear Slices Milk and Water	23 Chex Cereal Orange Slices 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, ⅓ 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, ⅓ Cup	27 Oatmeal Orange Slices Milk and Water	28 (WGR) Pancakes with Syrup Peach Slices Milk and Water	29 (MGR) Cheerio Cereal Pear Slices Milk and Water	30 English Muffins with Jelly Banana Milk and Water	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, ⅓ Cup