

Breakfast

August 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	3 Oatmeal Oranges Milk & Water	4 (WGR) Pancakes Peach Slices Milk & Water	5 (MGR) Cheerio Cereal Pear Slices Milk & Water	6 English Muffins w/Jelly Banana Milk & Water	7 (WW) Bagels & Cream Cheese Banana Milk & Water	8 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
9 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	10 (WGR) French Toast Pears Milk & Water	11 All Bran Cereal Apple Sauce Milk & Water	12 (WGR) Waffles Banana Milk & Water	13 Chex Cereal Mandarin Orange Milk & Water	14 (WW) Toast & Jelly Apple Sauce Milk & Water	15 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
16 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	17 Oatmeal Oranges Milk & Water	18 (WGR) Pancakes Peach Slices Milk & Water	19 (MGR) Cheerio Cereal Pear Slices Milk & Water	20 English Muffins w/Jelly Banana Milk & Water	21 (WW) Bagels & Cream Cheese Oranges Milk & Water	22 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
23 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	24 (WGR) French Toast Peaches Milk & Water	25 All Bran Cereal Apple Sauce Milk & Water	26 (WGR) Waffles Pears Milk & Water	27 Chex Cereal Oranges Milk & Water	28 (WW) Toast & Jelly Apple Sauce Milk & Water	29 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
30 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	31 Oatmeal Oranges Milk & 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