

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, ⅓ Cup		1 (WGR) Pancakes with Syrup Banana Milk & Water	2 (MGR) Cheerio Cereal Grapes Milk & Water	3 English Muffins w/Jelly Apple Sauce Milk & Water	4 (WW) Bagels & Cream Cheese Blueberries Milk & 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, ⅓ 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, ⅓ Cup	7 Labor Day School Closed	8 All Bran Cereal Apple Sauce Milk & Water	9 (WGR) Waffles with Syrup Banana Milk & Water	10 Chex Cereal Oranges Milk & Water	11 (WW) Toast & Jelly Apple Sauce Milk & 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, ⅓ 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, ⅓ Cup	14 Oatmeal Oranges Milk & Water	15 (WGR) Pancakes with Syrup Apples Milk & Water	16 (MGR) Cheerio Cereal Pear Slices Milk & Water	17 English Muffins w/Jelly Banana Milk & Water	18 (WW) Bagels & Cream Cheese Orange Slices Milk & 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, ⅓ 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, ⅓ Cup	21 (WGR) French Toast with Syrup Apple Sauce Milk & Water	22 All Bran Cereal Apple Sauce Milk & Water	23 (WGR) Waffles with Syrup Oranges Milk & Water	24 Chex Cereal Oranges Milk & Water	25 (WW) Toast & Jelly Apple Sauce Milk & 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, ⅓ 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, ⅓ Cup	28 Oatmeal Oranges Milk & Water	29 (WGR) Pancakes with Syrup Pears Milk & Water	30 (MGR) Cheerio Cereal Pear Slices 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, ⅓ Cup

