

**Preschool Breakfast & Snack ages 1-5 years October 2022 – September 2023**

**DAY MENU SERVING SIZE**

**MON Rice Chex (Whole Grain) ½ cup or 14 gr**

 **Fresh fruit ½ cup**

 **Milk ¾ cup**

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 **Graham cracker approx. 5”x2 ½” .6oz/16gr 1 each**

 **Diced Peaches ½ cup**

**TUES Cinnamon raisin bagel – 2 oz or 56 gr / butter 1 each**

 **Fresh fruit ½ cup**

 **Milk ¾ cup**

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 **Saltines – 2”x2” 4 each or 12 gr**

**Strawberry/banana yogurt - 4oz 1 each**

**WED Kix cereal (Whole Grain) 3/4 cup or 14 gr Fresh fruit ½ cup**

 **Milk ¾ cup**

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 **Flatbread square pita 3.1oz or 89 gr ¼ each**

 **Sliced cheese (1/2 oz slice) 1 each**

**THUR Bran muffin – 2 oz or 56 gr 1 each**

 **Fresh fruit ½ cup**

 **Milk ¾ cup**

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 **Diced pears ½ cup**

 **Cereal mix ½ cup or 14 gr**

**FRI Oatmeal (Whole Grain) ½ cup cooked**

 **Peaches & blueberries ½ cup**

 **Milk ¾ cup**

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 **Triscuits 1 ½ x 1 ½ 3 each or 11 gr**

 **Cucumber slices 1/2 cup**



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**MON Wheat flakes (Whole Grain) ½ cup or 14 gr**

 **Fresh fruit ½ cup**

**Milk ¾ cup**

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**Wheat thins 1 ¼” x 1 ¼” 1/2 oz or 14 gr 8 crackers**

 **String cheese ½ oz 1 each**

**TUES Whole wheat bagel (Whole Grain) 1 each**

**2 oz or 56 gr/cream cheese**

 **Fresh fruit ½ cup**

 **Milk ¾ cup**

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 **Yogurt 3/8 cup**

 **Whole grain cereal mix w/oatmeal 1/3 cup or 15 gr**

**WED Cheerios (Whole Grain) ½ cup or 14 gr**

 **Fresh fruit ½ cup**

 **Milk ¾ cup**

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 **Soft pretzel – .8 oz or 24 gr 1 each**

 **Apple sauce ½ cup**

**THUR Rice krispies (Whole Grain) 3/4 cup or 14 gr**

 **Fresh fruit ½ cup**

 **Milk ¾ cup**

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 **Whole wheat pita 1.9 oz or 54gr (Whole Grain) ½ each**

 **Mozzarella cheese ½ oz**

 **Tomato sauce 1 Tbsp**

**FRI Oatmeal (Whole Grain) ½ cup cooked**

 **Apple ½ cup**

 **Milk ¾ cup**

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**Soft breadsticks 1 ½ oz (Whole Grain) 1/2 each**

 **Cheese cubes – 1/2 oz each cube 2 each**