

Breakfast

October 2026



WGR-Whole Grain Rich

WW - Whole Wheat

MG – 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				1 (WGR) Chex Cereal Mandarin Oranges Milk & Water	2 (WG) Croissant & Jelly Apple Sauce Milk & Water	3 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
4 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	5 Oatmeal Apple Slices Milk & Water	6 (WGR) Pancakes Peach Slices Milk & Water	7 (MG) Cheerio Cereal Pear Slices Milk & Water	8 English Muffins Mandarin Oranges Milk & Water	9 (WW) Bagel & Cream Cheese Orange Slices Milk & Water	10 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
11 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	12 (WGR) French Toast Peaches Milk & Water	13 (WGR) Waffles Pineapple Chunks Milk & Water	14 All Bran Wheat Cereal Banana Slices Milk & Water	15 (WGR) Chex Cereal Mandarin Oranges Milk & Water	16 (WG) Croissant & Jelly Apple Sauce Milk & Water	17 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
18 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	19 Oatmeal Apple Sauce Milk & Water	20 (WGR) Pancakes Pears Slices Milk & Water	21 (MG) Cheerio Cereal Pear Slices Milk & Water	22 English Muffins Mandarin Oranges Milk & Water	23 (WW) Bagel & Cream Cheese Orange Slices Milk & Water	24 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
25 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	26 French Toast Peaches Milk & Water	27 (WGR) Waffles Pineapple Chunks Milk & Water	28 All Bran Wheat Cereal Banana Slices Milk & Water	29 (WGR) Chex Cereal Mandarin Oranges Milk & Water	30 Cream of Wheat Cereal Mandarin Oranges Milk & Water	31 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