

## October Toddler Breakfast menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Rice Chex Cereal (1 grain) Banana Slices (1/2 C) Milk (1 C)	2 Scrambled Eggs (4 oz) Whole Wheat Toast (1 slice) Mandarin Orange (1/4 C) Milk (1 C)
5 Blueberry Muffin (1 grain) Fresh Strawberries (1/2 C) Milk (1 C)	6 Vanilla Yogurt (4 oz) Graham Crackers (1 grain) Mandarin Oranges (1/4 C) Milk (1 C)	7 Cinnamon Oatmeal (1 oz) Banana Slices (1/2 C) Milk (1 C)	8 Rice Chex Cereal (1 grain) Apple Slices (1/4 C) Milk (1 C)	9 English Muffin (1 grain) Egg Patty (0.5 oz) Cheese Slice (0.25 oz) Diced Pears (1/4 C) Milk (1 C)
12 Mini Cinnamon Waffles (2 grains) Pineapple Tidbits (1/4 C) Milk (1 C)	13 Cheese Omelet (2 oz) Whole Wheat Toast (1 slice) Mandarin Oranges (1/4 C) Milk (1 C)	14 Cinnamon Toast Crunch (1 grain) Unsweetened Applesauce (1/4 C) Milk (1 C)	15 Mini Maple Pancakes (2 grains) Fresh Strawberries (1/2 C) Milk (1 C)	16 Turkey Sausage Breakfast Pizza (1 M, 1.75 grains) Diced Peaches (1/4 C) Milk (1 C)
19 No School- Fall Break	20 No School- Fall Break	21 No School- Fall Break	22 No School- Fall Break	23 No School- Fall Break
26 Cheerios Cereal (1 grain) Banana Slices (1/2 C) Milk (1 C)	27 Cinnamon Oatmeal (1 oz) Apple Slices (1/4 C) Milk (1 C)	28 Mini Strawberry Pancakes (2 grains) Diced Pears (1/4 C) Milk (1 C)	29 Pumpkin Bread Slice (2 grains) Unsweetened Applesauce (1/4 C) Milk (1 C)	30 Vanilla Yogurt (4 oz) Pineapple Tidbits (1/4 C) Mandarin Oranges (1/4 C) (Parfait) Graham Crackers (1 grain) Fresh Strawberries (1/2 C) Milk (1 C)

Milk for one year olds is whole milk.

Milk for two and older is minimum 1%.

All food is cut into 1/4" pieces.