

### September TOTS Breakfast menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cheerios Cereal (1 grain) Diced Peaches (1/4 C) Milk (1 C)	2 Cinnamon Oatmeal (1 oz) Banana Slices (1/2 C) Milk (1 C)	3 Toast w/margarine (1 slice) Mandarin Oranges (1/4 C) Milk (1 C)	4 Egg and Turkey Sausage Taco (2G 1.75 oz) Graham Crackers (1 grain) Diced Pears (1/4 C) Milk (1 C)
7 No School	8 Rice Chex Cereal (1 grain) Applesauce (1/4 C) Milk (1 C)	9 Egg and Cheese Breakfast Taco (1G 1.5 oz) Cinnamon Teddy Bear Cracker (1 grain) Strawberries (1/4 C) (1/4 C) Milk (1 C)	10 Apple Cinnamon Muffin (1 grain) Banana Slices (1/2 C) Milk (1 C)	11 Blueberry Loaf (1 grains) Diced Peaches (1/4 C) Milk (1 C)
14 Cheese Omelet (2 oz) Animal Crackers (1 grain) Unsweetened Applesauce (1/2 C) Milk (1 C)	15 Toast w/margarine (1 slice) Diced Pears (1/4 C) Milk (1 C)	16 Blueberry Muffin (1 grain) Mandarin Oranges (1/4 C) Milk (1 C)	17 Cinnamon Toast Crunch (1 grain) Pineapple Tidbits (1/4 C) Milk (1 C)	18 Mini Maple Pancakes (2 grains) Banana Slices (1/2 C) Milk (1 C)
21 Vanilla Yogurt (4 oz) Diced Peaches (1/4 C) Cinnamon Teddy Bear Cracker (1 grain) Unsweetened Applesauce (1/4 C) Milk (1 C)	22 Cinnamon Oatmeal (1 oz) Diced peaches (1/4 C) Milk (1 C)	23 Cheerios Cereal (1 grain) Mandarin Oranges (1/4C) Milk (1 C)	24 Banana Muffin (1 grain) Diced Pears (1/4 C) Milk (1 C)	25 Toast w/margarine (1 slice) Strawberries (1/2 C) Milk (1 C)
28 Rice Chex Cereal (1 grain) Apple Slices (1/4 C) Milk (1 C)	29 Apple Cinnamon Muffin (1 grain) Pineapple Tidbits (1/4 C) Milk (1 C)	30 Cheese, Egg, and Sausage Breakfast Burrito (1 grain, 1 oz) Strawberries (1/4 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.