

Learning Centers Cincinnati
Breakfast

Breakfast May 2013

USDA Food Requirements
Breakfast
One serving of the following
groups
Fruits/ Vegetables
Milk
two Servings of either
Grains/bread
or **Meat/meat Alternate**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 8oz 1% Milk 8oz 100% Orange juice 2.5oz nutri grain bars and Quaker chewy bars	30 8oz 1% Milk 8oz 100% Orange juice 3oz French Toast Sticks with Syrup dippers	1 8oz 1% Milk 8oz 100% orange Juice 4oz Blueberry Muffin	2 8oz 1% Milk 8oz 100% Orange juice 3oz Biscuit with 1.5oz Sausage Patty	3 8oz 1% Milk 8oz 100% Orange Juice 3oz bagel with cream cheese
6 8oz 1% Milk 8oz 100% orange juice Pancake and Sausage stick	7 8oz 1% Milk 8oz 100% orange juice 2oz assorted whole grain cereal	8 8oz 1% Milk 8oz 100% orange Juice 4oz Lemon poppyseed muffins	9 8oz 1% Milk 8oz 100% orange juice 2oz assorted whole grain cereal	10 8oz 1% Milk 8oz 100% Orange Juice Peanut butter and Jelly Sandwiches
13 8oz 1% Milk 8oz 100% Orange juice 2.5oz nutri grain bars and Quaker chewy bars	14 8oz 1% Milk 8oz 100% Orange juice 3oz French Toast Sticks with Syrup dippers	15 8oz 1% Milk 8oz 100% orange Juice 4oz Blueberry Muffin	16 8oz 1% Milk 8oz 100% Orange juice 3oz Biscuit with 1.5oz Sausage Patty	17 8oz 1% Milk 8oz 100% Orange Juice 3oz bagel with cream cheese
20 8oz 1% Milk 8oz 100% orange juice Pancake and Sausage stick	21 8oz 1% Milk 8oz 100% orange juice 2oz assorted whole grain cereal	22 8oz 1% Milk 8oz 100% orange Juice 4oz Bananna Bread Muffins	23 8oz 1% Milk 8oz 100% orange juice 2oz assorted whole grain cereal	24 No School
27 No School	28 8oz 1% Milk 8oz 100% Orange juice 2.5oz nutri grain bars and Quaker chewy bars	29 8oz 1% Milk 8oz 100% Orange juice 3oz French Toast Sticks with Syrup dippers	30 8oz 1% Milk 8oz 100% Orange juice 4oz Bananna Bread Muffins	31 8oz 1% Milk 8oz 100% Orange Juice Assorted Oat Meal packages with Granola Bars



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