

TCW Food Services - Breakfast Menu for Children Ages 1-13

3 components required

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>*All portions are based on age levels governed by the RI & MA Food Programs.</p> <p>*Every grain served must be Whole Grain. At minium atleast 1 WG option must be provided throughout the day. Refer to Lunch/Snack menus before switching any components.</p> <p>*Yogurt must not contain more than 23g of sugar in a 6oz serving. Sugar-free is always preferred.</p> <p>* Note that all portion sizes are the mininum required values, more food may always be served.</p> <p>*All meals are served w/fresh fruit and milk.</p> <p>*For a reimburable meal, 3 components must be served. <i>Proof must be shown.</i></p>		1	2	3	4
		Schools Closed for New Years!	WG Rice Crisps Bananas Milk	WG Wheat Toast Apples Milk	Oatmeal Oranges Milk
	7	8	9	10	11
	WG Bran Cereal Bananas Milk	WG Bagels Apples Milk	WG Pancakes Bananas Milk	WG Corn Muffins Apples Milk	WG Chex Cereal Oranges Milk
	14	15	16	17	18
	WG English Muffins Bananas Milk	Unsweetened-Yogurt w/ Granola Apples Milk	WG Rice Crisps Bananas Milk	WG Wheat Toast Apples Milk	Oatmeal Oranges Milk
	21	22	23	24	25
	Schools Closed for Martin Luther King Jr. Day!	WG Bagels Apples Milk	WG Pancakes Bananas Milk	WG Corn Muffins Apples Milk	WG Chex Cereal Oranges Milk
	28	29	30	31	
	WG English Muffins Bananas Milk	Unsweetened-Yogurt w/ Granola Apples Milk	WG Rice Crisps Bananas Milk	WG Wheat Toast Apples Milk	

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