

BREAKFAST MENU ECDC-SMC

Served: 7:30-8:15 a.m. in 3/4's Room

Weeks 1 & 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1% Milk (6 oz.), (8 oz.)* Apple Juice (4 oz.)**	1% Milk (6 oz.), (8 oz.)* Grape Juice (4 oz.)**	1% Milk (6 oz.), (8 oz.)* Apple Juice (4 oz.)**	1% Milk (6 oz.), (8 oz.)* Grape Juice (4 oz.)**	1% Milk (6 oz.), (8 oz.)* Apple Juice (4 oz.)**
Cheerios (1/2 c.), (3/4 c.)* or Life Cereal (1/2 c.), (3/4 c.)*	Life Cereal (1/2 c.), (3/4 c.)* or Oatmeal (1/2 c.), (3/4 c.)*	Cheerios (1/2 c.), (3/4 c.)* or Waffles w/Apple Butter	Cheerios (1/2 c.), (3/4 c.)*or Life Cereal (1/2 c.), (3/4 c.)*	Life Cereal (1/2 c.), (3/4 c.)* or Yogurt (1/4 c.), (1/2 c.)* Raisin Toast (1/2 slice)

Dates: 1/2 - 1/6, 1/16 - 1/20, 1/30 - 2/3, 2/13 - 2/17, 2/27 - 3/2, 3/12 - 3/16, 3/26 - 3/30, 4/8 - 4/13, 4/23 - 4/27, 5/7 - 5/11

Weeks 2 & 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1% Milk (6 oz.), (8 oz.)* Grape Juice (4 oz.)**	1% Milk (6 oz.), (8 oz.)* Apple Juice (4 oz.)**	1% Milk (6 oz.), (8 oz.)* Grape Juice (4 oz.)**	1% Milk (6 oz.), (8 oz.)* Apple Juice (4 oz.)**	1% Milk (6 oz.), (8 oz.)* Grape Juice (4 oz.)**
Cheerios (1/2 c.), (3/4 c.)*or Life Cereal (1/2 c.), (3/4 c.)*	Cheerios (1/2 c.), (3/4 c.)* or Yogurt (1/4 c.), (1/2 c.)* Bagel Flats (1/2 slice) w/ Apple Butter	Life Cereal (1/2 c.), (3/4 c.)* or Oatmeal (1/2 c.), (3/4 c.)*	Life Cereal (1/2 c.), (3/4 c.)* or Waffles w/Apple Butter	Cheerios (1/2 c.), (3/4 c.)* or Life Cereal (1/2 c.), (3/4 c.)*

Dates: 1/9 - 1/13, 1/23 - 1/27, 2/6 - 2/10, 2/20 - 2/24, 3/5 - 3/9, 3/19 - 3/23, 4/1 - 4/6, 4/16 - 4/20, 4/30 - 5/4, 5/14 - 5/18

**All juice is Vitamin C enriched

*6/7's & 7/8/9's