

SAMPLE BRKF MENU		SEPTEMBER 2009			LK PORTIONS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	SEPTEMBER 1 PANCAKES W/ SYRUP, 1 EA FRESH ORANGE WEDGES, 1/2 C MILK, 3/4 C	SEPTEMBER 2 BANANA BREAD, 1 SL 100% ORANGE RASPBERRY / NO DYES, 1/2 C MILK, 3/4 OZ	SEPTEMBER 3 ENGLISH MUFFINS, 1/2 EA W/ APPLE BUTTER CHILLED APPLESAUCE, 1/2 C MILK, 3/4 C	SEPTEMBER 4 LIFE CEREAL, 1/3 C 100% WHITE GRAPE JUICE, 1/2 C MILK, 3/4 C	
SEPTEMBER 7 KRISPIE RICE CEREAL, 1/3 C 100% STRAWBERRY KIWI / NO DYES, 1/2 C MILK, 3/4 OZ	SEPTEMBER 8 FRENCH TOAST STICKS W/ SYRUP, 2 EA 100% CRAN-APPLE / NO DYES, 1/2 C MILK, 3/4 OZ	SEPTEMBER 9 BANANA BREAD, 1 SL 100% ORANGE RASPBERRY / NO DYES, 1/2 C MILK, 3/4 OZ	SEPTEMBER 10 WAFFLES W/ SYRUP, 1 EA FRESH APPLE, 1/2 C MILK, 3/4 C	SEPTEMBER 11 TURKEY SAUSAGE BISCUIT, 1 EA 100% WHITE GRAPE JUICE, 1/2 C MILK, 3/4 C	
SEPTEMBER 14 BLUEBERRY BREAD, 1 SL CHILLED APPLESAUCE, 1/2 C MILK, 3/4 C	SEPTEMBER 15 ENGLISH MUFFINS, 1/2 EA W/ APPLE BUTTER 100% WHITE GRAPE JUICE, 1/2 C MILK, 3/4 C	SEPTEMBER 16 CHEESE BISCUITS, 1 EA CHILLED DICED PEACHES, 1/2 C MILK, 3/4 C	SEPTEMBER 17 TOASTIO'S CEREAL, 1/3 C 100% APPLE JUICE NO DYES MILK, 3/4 C	SEPTEMBER 18 CORN FLAKES, 1/3 C 100% ORANGE PINEAPPLE / NO DYES, 1/2 C MILK, 3/4 OZ	
SEPTEMBER 21 FRENCH TOAST STICKS W/ SYRUP, 2 EA 100% CRAN-APPLE / NO DYES, 1/2 C MILK, 3/4 OZ	SEPTEMBER 22 LIFE CEREAL, 1/3 C FRUIT PUNCH 100% JUICE, 1/2 C MILK, 3/4 C	SEPTEMBER 23 WAFFLES W/ SYRUP, 1 EA 100% WHITE GRAPE JUICE, 1/2 C MILK, 3/4 C	SEPTEMBER 24 KRISPIE RICE CEREAL, 1/3 C 100% STRAWBERRY KIWI / NO DYES, 1/2 C MILK, 3/4 OZ	SEPTEMBER 25 ORANGE CRANBERRY BREAD, 1 SL CHILLED MIXED FRUIT, 1/2 C MILK, 3/4 C	
SEPTEMBER 28 PLAIN BAGEL, 1/2 EA W/ GRAPE JELLY 100% APPLE JUICE NO DYES, 1/2 C MILK, 3/4 C	SEPTEMBER 29 PANCAKES W/ SYRUP, 1 EA FRESH ORANGE WEDGES, 1/2 C MILK, 3/4 C	SEPTEMBER 30 BANANA BREAD, 1 SL 100% ORANGE RASPBERRY / NO DYES, 1/2 C MILK, 3/4 OZ			

Portions meet CACFP requirements for 3 to 5 year olds. All alternates discussed on an individual basis as needed.
Specializing in Day Care and School Lunch Programs and Business and Office Luncheons
6 oz milk required with each meal