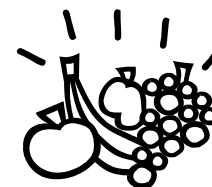


## Sample Breakfast Menu

\*Note: Serving sizes listed below are specified for children 3-5 years old.



### Week 1

Toasted Whole Grain Oat Cereal (1/3 cup) Sliced Bananas (1/2 cup) Low-fat milk (3/4 cup)	Whole Wheat Toast (1/2) Peanut Butter (1 Tablespoon) Melon Salad (1/2 cup) Low-fat milk (3/4 cup)	Whole Wheat Waffle (1/2 ) Sliced Strawberries (1/2 cup) Low-fat milk (3/4 cup)	Brown rice (1/4 cup) Scrambled Eggs (1/4 cup) Mandarin Oranges (1/2 cup) Low-fat milk (3/4 cup)	Oatmeal (1/4 cup) Dried Cranberries (1/4 cup) Low-fat milk (3/4 cup)
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### Week 2

Blueberry Bagel (1/2) Cream Cheese (1/2 Table- spoon) Sliced Pineapple (1/2 cup) Low-fat milk (3/4 cup)	<u>Trail Mix</u> -Blend of circle & square shaped cereal (1/3 cup) -Dried Fruit (1/4 cup) Low-fat milk (3/4 cup)	Banana muffin (1 piece) Applesauce (1/2 cup) Low-fat milk (3/4 cup)	French Toast (1/2) Syrup Grapes (1/2 cup—cut in half) Low-fat milk (3/4 cup)	English Muffin (1/2) Sliced Cheese (1/2) Canned Peaches (1/2 cup) Low-fat milk (3/4 cup)
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### Week 3

Raisin Bread (1/2) Canned Pears (1/2 cup) Low-fat milk (3/4 cup)	Oven Toasted Corn Cereal (1/3 cup) Yogurt (1/3 cup) Tangerine (1/2 cup) Low-fat milk (3/4 cup)	Crepe (1/2) Frozen berries (1/2 cup) Low-fat milk (3/4 cup)	Lightly Sweetened Shredded Wheat Cereal (1/3 cup) Raisins (1/4 cup) Low-fat milk (3/4 cup)	<u>Breakfast Wrap</u> -Tortilla (1/2) -Scrambled Eggs (1/4 cup) -Shredded Cheese -Sweet Potato (2 pieces) Low-fat milk (3/4 cup)
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### Tips:

- \*Low-fat or Reduced-fat milk (1% or 2%) is appropriate for children over 2.
- \*Offer whole wheat or whole grain products when possible (ex. Brown rice, Whole wheat bread, etc.)
- \*Choose fresh fruit, frozen fruit, or fruit canned in natural juices or light syrup.
- \*These are **minimum** amounts. Children are able to have more, if desired.