



A Child's Place

at UNITY HOUSE

August 2020

Breakfast Menu

	Mon	Tues	Wed	Thurs	Fri		
WEEK 1	3 Pancakes (WGR) 4 oz. Orange Juice 6 oz. Milk	4 1/3 cup Cereal (WGR) 4 oz. Oranges 6 oz. Milk	5 English Muffin 4 oz. Orange Juice 6 oz. Milk	6 1/3 cup Cereal (WGR) 4 oz. Grape Juice 6 oz. Milk	7 French Toast Sticks (WGR) 4 oz. Bananas 6 oz. Milk	SUBSTITUTES: Bread or Bread Alternative: (Breakfast: Bread or English Muffin, Cold Cereal, Muffin) (WGR)=Whole Grain Rich	
WEEK 2	10 Bagels 4 oz. Orange Juice 6 oz. Milk	11 1/3 cup Cereal (WGR) 4 oz. Oranges 6 oz. Milk	12 Waffles (WGR) 4 oz. Orange Juice 6 oz. Milk	13 1/3 cup Cereal (WGR) 4 oz. Grape Juice 6 oz. Milk	14 Muffins 4 oz. Bananas 6 oz. Milk		
WEEK 3	17 Pancakes (WGR) 4 oz. Orange Juice 6 oz. Milk	18 1/3 cup Cereal (WGR) 4 oz. Oranges 6 oz. Milk	19 English Muffin 4 oz. Orange Juice 6 oz. Milk	20 1/3 cup Cereal (WGR) 4 oz. Grape Juice 6 oz. Milk	21 French Toast Sticks (WGR) 4 oz. Bananas 6 oz. Milk		
WEEK 4	24 Bagels 4 oz. Orange Juice 6 oz. Milk	25 1/3 cup Cereal (WGR) 4 oz. Oranges 6 oz. Milk	26 Waffles (WGR) 4 oz. Orange Juice 6 oz. Milk	27 1/3 cup Cereal (WGR) 4 oz. Grape Juice 6 oz. Milk	28 Croissant 4 oz. Bananas 6 oz. Milk		Fruit Juice: Apple, Orange, Grape, Fresh Fruit: Bananas, Apples, Oranges, or Seasonal Fruit
WEEK 5	31 Pancakes (WGR) 4 oz. Orange Juice 6 oz. Milk						Cereal served will be one of the following: Life, Kix, Cheerios, or Rice Krispies, or Rice Chex

Milk Serving Size: Toddlers: ½ Cup whole milk 3-5 Years: 6 oz. 1% milk