

Great New Beginnings Rotating Meal Menu

Mon.	Tue.	Wed.	Thu.	Fri.
<p style="color: red; font-weight: bold;">Kix Cereal, Orange Slices & Milk</p> <p style="color: blue; font-weight: bold;">Graham Crackers, Pineapple Tidbits & Water</p>	<p style="color: red; font-weight: bold;">French Toast Sticks, Mandarin Oranges & Milk</p> <p style="color: blue; font-weight: bold;">String Cheese, Cucumber Slices & Water</p>	<p style="color: red; font-weight: bold;">Banana Bread, Applesauce & Milk</p> <p style="color: blue; font-weight: bold;">Kix Cereal, Yogurt & Water</p>	<p style="color: red; font-weight: bold;">Whole Grain Bagel, Bananas & Milk</p> <p style="color: blue; font-weight: bold;">Animal Crackers, Peaches & Water</p>	<p style="color: red; font-weight: bold;">Cheerios, Pears & Milk</p> <p style="color: blue; font-weight: bold;">Whole Grain Rice Cakes, Carrots & Water</p>
<p style="color: red; font-weight: bold;">Whole Grain Bagel, Mixed Fruit & Milk</p> <p style="color: blue; font-weight: bold;">Goldfish, Apple Slices & Water</p>	<p style="color: red; font-weight: bold;">Waffle Sticks, Baked Apples & Milk</p> <p style="color: blue; font-weight: bold;">Whole Grain Crackers, Cheese Cubes & Water</p>	<p style="color: red; font-weight: bold;">Biscuits & Jelly, Peaches & Milk</p> <p style="color: blue; font-weight: bold;">Graham Crackers, Sun Butter & Water</p>	<p style="color: red; font-weight: bold;">Cornbread, Orange Slices & Milk</p> <p style="color: blue; font-weight: bold;">Yogurt, Bananas & Water</p>	<p style="color: red; font-weight: bold;">Cheerios Cereal, Pineapple Tidbits & Milk</p> <p style="color: blue; font-weight: bold;">Whole Grain Crackers, Cheese Slice & Water</p>
<p style="color: red; font-weight: bold;">Whole Grain Toast, Pears & Milk</p> <p style="color: blue; font-weight: bold;">Graham Crackers, Pineapple Tidbits & Water</p>	<p style="color: red; font-weight: bold;">Applesauce Cake, Apple Slices & Milk</p> <p style="color: blue; font-weight: bold;">String Cheese, Cucumber Slices & Water</p>	<p style="color: red; font-weight: bold;">Zucchini Bread, Bananas & Milk</p> <p style="color: blue; font-weight: bold;">Kix Cereal, Yogurt & Water</p>	<p style="color: red; font-weight: bold;">Pancakes, Peaches & Milk</p> <p style="color: blue; font-weight: bold;">Animal Crackers, Peaches & Water</p>	<p style="color: red; font-weight: bold;">Blueberry Muffins, Mixed Fruit & Milk</p> <p style="color: blue; font-weight: bold;">Whole Grain Rice Cakes, Carrots & Water</p>

Snack Servings Key (Must include 2 components)	1 to 2 years	3 to 5 years	6 to 12 years
Milk	4 fluid oz. whole milk	4 fluid oz. 1% or skim milk	8 fluid oz. 1% or skim milk
Cheese/Meat/Meat Alternatives	½ oz.	½ oz.	1 oz.
Fruits/Vegetables	4 oz. of each	4 oz. of each	6 oz. of each
Whole Grain or Enriched Bread	½ oz. eq.	½ oz. eq.	1 oz. eq.

Breakfast Servings Key (Must include 3 components)	1 to 2 years	3 to 5 years	6 to 12 years
Milk	4 fluid oz. whole milk	6 fluid oz. 1% or skim milk	8 fluid oz. 1% or skim milk
Fruits/Vegetables	1/4 c.	1/2 c.	1/2 c.
Granola	1/8 c.	1/8 c.	1/4 c.
Whole Grain or Enriched Bread Product (Muffin, Biscuit or Roll)	1/2 serving	1/2 serving	1 serving
Whole Grain-rich, enriched or fortified breakfast cereal (dry, cold)	1/2 c.	1/2 c.	1 c.
Whole Grain or Enriched Bread	1/2 slice	1/2 slice	1 slice

*Snack only: Items *must be* from two (2) different ‘food component’ groups. If milk is selected as a snack component no juice is allowed. If no milk or juice is served, then water must be offered.

Milk must be whole milk for children 12 through 23 months; 1% or fat free for children 2 years of age and older.

Breakfast PM Snack