

Great New Beginnings Rotating Meal Menu

Mon.	Tue.	Wed.	Thu.	Fri.
Kix Cereal, Orange Slices & Milk Graham Crackers, Sun Butter or Cream Cheese & Water	French Toast Sticks, Mandarin Oranges & Milk String Cheese, Pretzel Twist & Water	Banana Bread, Applesauce & Milk Kix Cereal, Yogurt & Water	Whole Grain Bagel, Bananas & Milk Animal Crackers, Peaches or Orange Slices & Water	Cheerios, Pears & Milk Whole Grain Rice Cakes, Cheese Slice & Water
Whole Grain Bagel, Mixed Fruit & Milk Goldfish, Cheese Slices & Water	Waffle Sticks, Baked Apples & Milk Whole Grain Crackers, Cheese Cubes & Water	Biscuits & Jelly, Peaches & Milk Graham Crackers, Sun Butter or Cream Cheese & Water	Cornbread, Orange Slices & Milk Yogurt, Bananas & Water	Cheerios Cereal, Pineapple Tidbits & Milk Whole Grain Crackers, Cheese Slice & Water
Whole Grain Toast, Pears & Milk Graham Crackers, Sun Butter or Cream Cheese & Water	Applesauce Cake, Apple Slices & Milk String Cheese, Pretzel Twist & Water	Coffee Cake, Applesauce & Milk Kix Cereal, Yogurt & Water	Pancakes, Bananas & Milk Animal Crackers, Peaches or Orange Slices & Water	Blueberry Muffins, Mixed Fruit & Milk Whole Grain Rice Cakes, Cheese Slice & Water

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