

Breakfast

January 2026

WGR-Whole Grain Rich WW - Whole Wheat MGR - Multi Grain



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup				1 New Year's Day School Closed	2 Oatmeal Mandarin Oranges Milk & Water	Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup	5 Cream of Wheat Cereal Apple Slices Milk & Water	6 (WGR) Pancakes Pears Slices Milk & Water	7 (MGR) Cheerios Cereal Banana Slices Milk & Water	8 English Muffins Mandarin Oranges Milk & Water	9 (WW) Bagel & Cream Cheese Orange Slices Milk & Water	Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup	12 Wheat Toast with Jelly Peaches Milk & Water	13 (WGR) Waffles Pineapple Chunks Milk & Water	14 (WGR) All Bran Wheat Cereal Banana Slices Milk & Water	15 (WGR) Chex Cereal Mandarin Oranges Milk & Water	16 Oatmeal Mandarin Oranges Milk & Water	Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup	19 Martin Luther King Jr. Day School Closed	20 (WGR) Pancakes Pear Slices Milk & Water	21 (MGR) Cheerios Cereal Banana Slices Milk & Water	22 English Muffins Mandarin Oranges Milk & Water	23 (WW) Bagel & Cream Cheese Orange Slices Milk & Water	Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Vegetable/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup, ½ Cup, ¾ Cup, ⅛ Cup	26 Wheat Toast with Jelly Peaches Milk & Water	27 (WGR) Waffles Pineapple Chunks Milk & Water	28 (WGR) All Bran Wheat Cereal Banana Slices Milk & Water	29 (WGR) Chex Cereal Mandarin Oranges Milk & Water	29 Oatmeal Mandarin Oranges Milk & Water	Size Servings Ages 3-5 6 Fluid Ounces 1% Milk Vegetable/Fruit ½ Cup Grain ½ Slice/Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup