

Breakfast Meals

Cereal, apples, milk	Bagel, apples, milk
Cereal, applesauce, milk	Bagel, applesauce, milk
Cereal, bananas, milk	Bagel, bananas, milk
Cereal, cantaloupe, milk	Bagel, cantaloupe, milk
Cereal, grapefruit, milk	Bagel, grapefruit, milk
Cereal, grapes, milk	Bagel, grapes, milk
Cereal, honeydew melon, milk	Bagel, honeydew melon, milk
Cereal, kiwi, milk	Bagel, kiwi, milk
Cereal, mandarin oranges, milk	Bagel, mandarin oranges, milk
Cereal, mixed fruit, milk	Bagel, mixed fruit, milk
Cereal, peaches, milk	Bagel, peaches, milk
Cereal, pears, milk	Bagel, pears, milk
Cereal, pineapples, milk	Bagel, pineapples, milk
Cereal, strawberries, milk	Bagel, strawberries, milk
Cereal, watermelon, milk	Bagel, watermelon, milk

*Cereal served-Children can choose which cereal they would like.

Corn Flakes, Rice Krispies, Kix, Corn Chex, Rice Chex, Wheat Chex, Cheerios

*Bagel served-Children can choose which of the following they wish on their bagel

Butter, grape jelly, strawberry jelly, cinnamon sugar

Toast, apples, milk	French toast, apples, milk
Toast, applesauce, milk	French toast, applesauce, milk
Toast, bananas, milk	French toast, bananas, milk
Toast, cantaloupe, milk	French toast, cantaloupe, milk
Toast, grapefruit, milk	French toast, grapefruit, milk
Toast, grapes, milk	French toast, grapes, milk
Toast, honeydew melon, milk	French toast, honeydew melon, milk
Toast, kiwi, milk	French toast, kiwi, milk
Toast, mandarin oranges, milk	French toast, mandarin oranges, milk
Toast, mixed fruit, milk	French toast, mixed fruit, milk
Toast, peaches, milk	French toast, peaches, milk
Toast, pears, milk	French toast, pears, milk
Toast, pineapples, milk	French toast, pineapples, milk
Toast, strawberries, milk	French toast, strawberries, milk
Toast, watermelon, milk	French toast, watermelon, milk

*Toast served-Child can choose which of the following they wish on their toast

Butter, grape jelly, strawberry cinnamon & sugar

Breakfast Meals

Waffles, apples, milk
Waffles, applesauce, milk
Waffles, bananas, milk
Waffles, cantaloupe, milk
Waffles, grapefruit, milk
Waffles, grapes, milk
Waffles, honeydew melon, milk
Waffles, kiwi, milk
Waffles, mandarin oranges, milk
Waffles, mixed fruit, milk
Waffles, peaches, milk
Waffles, pears, milk
Waffles, pineapples, milk
Waffles, strawberries, milk
Waffles, watermelon, milk

Pancakes, apples, milk
Pancakes, applesauce, milk
Pancakes, bananas, milk
Pancakes, cantaloupe, milk
Pancakes, grapefruit, milk
Pancakes, grapes, milk
Pancakes, honeydew melon, milk
Pancakes, kiwi, milk
Pancakes, mandarin oranges, milk
Pancakes, mixed fruit, milk
Pancakes, peaches, milk
Pancakes, pears, milk
Pancakes, pineapples, milk
Pancakes, strawberries, milk
Pancakes, watermelon, milk

*Waffles served: Children can choose which flavor waffle they would like

Eggo buttermilk, strawberry & blueberry

*Pancakes served: I vary the pancakes whenever they are on the menu-if a child doesn't like a flavor pancake that is being served, I will serve them plain

Plain, blueberries, strawberries, bananas

English muffin, apples, milk
English muffin, applesauce, milk
English muffin, bananas, milk
English muffin, cantaloupe, milk
English muffin, grapefruit, milk
English muffin, grapes, milk
English muffin, honeydew melon, milk
English muffin, kiwi, milk
English muffin, mandarin oranges, milk
English muffin, mixed fruit, milk
English muffin, peaches, milk
English muffin, pears, milk
English muffin, pineapples, milk
English muffin, strawberries, milk
English muffin, watermelon, milk

Cinnamon Rolls, apples, milk
Cinnamon Rolls, applesauce, milk
Cinnamon Rolls, bananas, milk
Cinnamon Rolls, cantaloupe, milk
Cinnamon Rolls, grapefruit, milk
Cinnamon Rolls, grapes, milk
Cinnamon Rolls, honeydew melon, milk
Cinnamon Rolls, kiwi, milk
Cinnamon Rolls, mandarin oranges, milk
Cinnamon Rolls, mixed fruit, milk
Cinnamon Rolls, peaches, milk
Cinnamon Rolls, pears, milk
Cinnamon Rolls, pineapples, milk
Cinnamon Rolls, strawberries, milk
Cinnamon Rolls, watermelon, milk

*English muffin served-Child can choose which of the following they wish on their toast

Butter, grape jelly, strawberry cinnamon & sugar

I will continue to add to these breakfast meals as I try new foods and provide a variety for the children in my care.

Breakfast Meals

Biscuit, apples, milk	Croissants, apples, milk
Biscuit, applesauce, milk	Croissants, applesauce, milk
Biscuit, bananas, milk	Croissants, bananas, milk
Biscuit, cantaloupe, milk	Croissants, cantaloupe, milk
Biscuit, grapefruit, milk	Croissants, grapefruit, milk
Biscuit, grapes, milk	Croissants, grapes, milk
Biscuit, honeydew melon, milk	Croissants, honeydew melon, milk
Biscuit, kiwi, milk	Croissants, kiwi, milk
Biscuit, mandarin oranges, milk	Croissants, mandarin oranges, milk
Biscuit, mixed fruit, milk	Croissants, mixed fruit, milk
Biscuit, peaches, milk	Croissants, peaches, milk
Biscuit, pears, milk	Croissants, pears, milk
Biscuit, pineapples, milk	Croissants, pineapples, milk
Biscuit, strawberries, milk	Croissants, strawberries, milk
Biscuit, watermelon, milk	Croissants, watermelon, milk

*Biscuits served-Child can choose which of the following they wish on their toast
Butter, grape jelly, strawberry cinnamon & sugar

Toaster pastry, apples, milk	Muffin, apples, milk
Toaster pastry, applesauce, milk	Muffin, applesauce, milk
Toaster pastry, bananas, milk	Muffin, bananas, milk
Toaster pastry, cantaloupe, milk	Muffin, cantaloupe, milk
Toaster pastry, grapefruit, milk	Muffin, grapefruit, milk
Toaster pastry, grapes, milk	Muffin, grapes, milk
Toaster pastry, honeydew melon, milk	Muffin, honeydew melon, milk
Toaster pastry, kiwi, milk	Muffin, kiwi, milk
Toaster pastry, mandarin oranges, milk	Muffin, mandarin oranges, milk
Toaster pastry, mixed fruit, milk	Muffin, mixed fruit, milk
Toaster pastry, peaches, milk	Muffin, peaches, milk
Toaster pastry, pears, milk	Muffin, pears, milk
Toaster pastry, pineapples, milk	Muffin, pineapples, milk
Toaster pastry, strawberries, milk	Muffin, strawberries, milk
Toaster pastry, watermelon, milk	Muffin, watermelon, milk

*Toaster pastry served: Children can choose from the following:

Strawberry, blueberry, apple cinnamon

*Muffins served: I use a HM basic muffin mix and vary the flavors added when on the menu.

Flavors-blueberry, apples, strawberries, blackberry, bananas, oatmeal, peach, cinnamon, pumpkin, etc...

I will continue to add to these breakfast meals as I try new foods and provide a variety for the children in my care.