

Bend/Redmond/Prineville

Head Start Breakfast Menu



NeighborImpact
Supporting People. Strengthening Communities.

January 2019

Minimum Servings:
 Meat/Meat Alternate-1.5 oz
 (meat takes place of grain)
 Grain ½ oz eq
 Cold Cereal ½ oz eq
 Hot Cereal ½ oz eq
 Fruit or Veggies 1/2c.
 Milk 3/4c.
Teachers Please Record Any Substitutions

This institution is and equal opportunity provider All Grain products are WGR or WG or WW CN Labels/Recipes meet USDA/CACFP Minimum Requirements

Monday	Tuesday	Wednesday	Thursday	Friday
All menus are Subject to change	No School	No School	No School	No School
1/2c. Crispy Rice Cereal 1/2c. Diced Pineapple 3/4c. Non-fat Milk	1 WW French Toast 1/2c. Applesauce 3/4c. Non-fat Milk	1 Sausage Patty 1 WW English Muffin 1/2c. Blueberries 3/4c. Non-fat Milk	1/2c. General Mills Cheerios 1/2c. Diced Pears 3/4c. Non-fat Milk	No School
1/2c. General Mills Corn Chex Cereal 1/2c. Diced Peaches 3/4c. Non-fat Milk	1 Aunt Jemima WW Waffles 1/2c. Fresh Apples 3/4c. Non-fat Milk	1/2 WW Bagel/Cream Cheese 1/2c. Diced Pears 3/4c. Non-fat Milk	1 Egg Patty w/ Cheese 1 WW English Muffin 1/2c. Blueberries 3/4c. Non-fat Milk	No School
No School	1/2c. Crispy Rice Cereal 1/2c. Pears 3/4c. Non-fat Milk	1 WG Bran Muffin 1/2c. Diced Pineapple 3/4c. Non-fat Milk	1 Aunt Jemima WW Waffles 1/2c. Mixed Berries 3/4c. Non-fat Milk	No School
1 WW Pancake 1/2c. Strawberries 3/4c. Non-fat Milk	1 Egg Patty w/ Cheese 1 WW English Muffin 1/2c. Blueberries 3/4c. Non-fat Milk	1 Sausage Patty 1 WW Toast 1/2c. Applesauce 3/4c. Non-fat Milk	1/2 WW Bagel/Cream Cheese ½ Banana 3/4c. Non-fat Milk	No School

R.D. Signature & Date _____