



NeighborImpact
Supporting People. Strengthening Communities.

Bend/Redmond/Prineville

Head Start Breakfast Menu

May 2019

Required Components (ALL 3 Required)	Sample- Ages 3-5 yrs. old
Fluid Milk	3/4c. Low-fat milk
Vegetable, Fruits, or portions of both	1/2c. Diced Peaches
Grains (oz. eq.)	½ Serving
Example: Bread Product	½ Slice
Meat (Optional)	1.5 oz. Sausage

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 1/2c. Rice Crispy Cereal 1/2c. Strawberries 3/4c. Non-fat Milk	2 1 WG Waffle 1/2c. Blueberries 3/4c. Non-fat Milk	3 No School
6 1 Bran Muffin 1/2c. Applesauce 3/4c. Non-fat Milk	7 1 French Toast 1/2c. Diced Pears 3/4c. Non-Fat Milk	8 1/4c. Quaker Oats w/ Cinnamon ½ Banana 3/4c. Non-fat Milk	9 1 Egg Patty 1 English Muffin 1/2c. Mangos 3/4c. Non-Fat Milk	10 No School
13 1/2c. Bran Flakes 1/2c. Strawberries 3/4c. Non-Fat Milk	14 1 Sausage Patty 1 WW Toast 1/2c. Diced Peaches 3/4c. Non-Fat Milk	15 3/4c. Yami Vanilla Yogurt 1/2c. Mixed Berries 3/4c. Non-Fat Milk	16 1 Blueberry Muffin 1/2c. Apple Slices 3/4c. Non-Fat Milk	17 MCKIM Duration Make-Up Day 1/2c. Cheerios 1/2c. Blueberries 3/4c. Non-Fat Milk
20 1/2c. Kix Cereal 1/2c. Blueberries 3/4c. Non-Fat Milk	21 1/4c. Quaker Oats w/ Cinnamon 1/2c. Applesauce 3/4c. Non-Fat Milk	22 1 WG Waffle 1/2c. Diced Pears 3/4c. Non-Fat Milk	23 1/2c. Cheerios ½ Banana 3/4c. Non-Fat Milk	24 ALL AM/PM Make-Up Day LAST DAY OF SCHOOL 3/4c. Yami Vanilla Yogurt 1/4c. Mixed Fruit 3/4c. Non-Fat Milk
27 No School Memorial Day	28 MCKIM & OCHOCO DURATION 1 Egg Patty 1 English Muffin 1/2c. Pineapples 3/4c. Non-Fat Milk	29 MCKIM & OCHOCO DURATION 1 French Toast 1/2c. Mandarin Oranges 3/4c. Non-fat Milk	30 MCKIM & OCHOCO DURATION 3/4c. Yami Vanilla Yogurt 1/4c. Mixed Fruit 3/4c. Non-Fat Milk	31 MCKIM & OCHOCO DURATION 1/2c. Rice Crispy Cereal 1/2c. Strawberries 3/4c. Non-fat Milk

R.D. Signature & Date _____