**2-Week Cycle Breakfast Menu**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Week 1** | Whole wheat English Muffin with peanut butterBananaYogurtServed with nonfat and 1% plain milk | Whole grain Peach muffin squaresFresh PearCheese StickServed with nonfat and 1% plain milk | Yogurt withfrozen or fresh berries Whole grain granola barApplesauceServed with nonfat and 1% plain milk | Whole Grain Cream of WheatApple or banana, with side of peanut butter Served with nonfat and 1% plain milk | Oatmeal YogurtSide of fresh berries(strawberries and blueberries) Served with nonfat and 1% plain milk |
| **Week 2** | Parfait with yogurt and granola Diced fresh fruitWhole grain Apple cinnamon muffinServed with nonfat and 1% plain milk | Whole wheat bagel with egg and cheese Diced melon and grapesServed with nonfat and 1% plain milk | Whole grain pretzelsCarrot sticks and hummusBanana/Fresh Fruit ChoiceServed with nonfat and 1% plain milk | Whole Grain cereal (Cheerios, Wheaties, Total, others)StrawberriesCheese StickServed with nonfat and 1% plain milk | Whole grain graham crackersCelery sticks and peanut butterOrange/Fresh Fruit ChoiceServed with nonfat and 1% plain milk |

As of the USDA Memo to Regional Directors on April 28, 2014, meals offered under the School Breakfast Program must include at least:

* **1 cup of milk (fat free or low fat, chocolate must be fat free).**
* **1 ounce equivalent of whole-grain rich grains.**
* **1 cup of fruit.**

Portions of food groups will need to reflect the nutritional requirements for respective age-grade groups; K-5, 6-8, and 9-12. (Memo Code: SP 43:2014)

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