**2-Week Cycle Breakfast Menu**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Week 1** | Whole wheat English Muffin  with peanut butter  Banana  Yogurt  Served with nonfat and 1% plain milk | Whole grain Peach muffin squares  Fresh Pear  Cheese Stick  Served with nonfat and 1% plain milk | Yogurt with  frozen or fresh berries  Whole grain granola bar  Applesauce  Served with nonfat and 1% plain milk | Whole Grain Cream of Wheat  Apple or banana,  with side of  peanut butter  Served with nonfat and 1% plain milk | Oatmeal  Yogurt  Side of fresh berries  (strawberries and blueberries)  Served with nonfat and 1% plain milk |
| **Week 2** | Parfait with yogurt and  granola  Diced fresh fruit  Whole grain Apple cinnamon muffin  Served with nonfat and 1% plain milk | Whole wheat bagel  with egg and cheese  Diced melon and grapes  Served with nonfat and 1% plain milk | Whole grain pretzels  Carrot sticks and hummus  Banana/Fresh Fruit Choice  Served with nonfat and 1% plain milk | Whole Grain cereal (Cheerios, Wheaties, Total, others)  Strawberries  Cheese Stick  Served with nonfat and 1% plain milk | Whole grain graham crackers  Celery sticks and peanut butter  Orange/Fresh Fruit Choice  Served 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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