




# April 2021 Breakfast

An assortment of grains, meat/meat alternates, fruits, and milk offered daily

Choose at least 3 items, including ½ cup fruit and/or vegetable

	Counts as 1 Item	Counts as 2 Items <small>Limit 1</small>
<p><b>Grain and Meat/Meat Alternate Choices</b></p> 	<p>Assorted Muffins Cereal Cereal Bar Graham Crackers</p> <p>Granola String Cheese Yogurt</p>	<p>Assorted Pastries Mini Pancakes Mini Waffles</p>
<p><b>Fruit and Vegetable Choices</b></p> 	<p>Baby Carrots Banana Dried Cranberries Fresh Apple Slices</p> <p>Fresh Orange Fruit Cups Fruit Juice Raisins</p>	<p>Fresh Apple</p>
<p><b>Milk Choices</b> <small>Limit 1</small></p> 	<p>Fat-Free (Skim) Flavored Milk Low-Fat (1%) Unflavored Milk</p>	