**Wyoming Department of Education**

**USDA Summer Food Service Program**

**BREAKFAST**

The following four weeks of menus include ideas for cold breakfasts. Portion sizes (indicated in parentheses after each menu item) are for ages 6-18 and can be adjusted for ages 1-5 (with approval from the Wyoming Department of Education).

Keep in mind that the minimum serving sizes specified in the meal pattern may not be sufficient for older children, and additional items or increased serving sizes may be appropriate.

The following abbreviations are used:

GB = Grains/Breads;

MA = Meat/Meat Alternate;

FV = Fruit/Vegetable;

M = Milk;

O = Other Food (non-credible);

 A = Additional Items (creditable foods served in addition to the minimum required components).

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|   | **MONDAY** |   | **TUESDAY** |   | **WEDNESDAY** |   | **THURSDAY** |   | **FRIDAY** |
| **GB****FV****M** | Blueberry Muffin1,2 (3 oz)Orange Juice (½ cup) Lowfat Milk (1 cup) | **GB****A****FV****M** | Flour Tortilla1 (1½ oz) rolled with Cheese (1 oz)Mixed Fruit (½ cup) Lowfat Milk (1 cup) | **GB****A****FV****M** | Whole Wheat Bread1 (1 slice) with Peanut Butter (1 Tbsp)Pineapple Chunks (½ cup) Lowfat Milk (1 cup) | **GB****FV****M** | Cold Cereal1,3 (3/4 cup)Orange Juice (½ cup Lowfat Milk (1 cup) | **GB****O****FV****M** | Plain Bagel1 (2 oz) with Jelly (½ oz)Apricots (½ cup) Lowfat Milk (1 cup) |
| **GB****O****A****FV****M** | Raisin Bread1 (1 slice) withJelly (½ oz) or Peanut Butter (1 Tbsp) Cantaloupe Chunks (½ cup) Lowfat Milk (1 cup) | **GB****FV****M** | Cheerios1,3 (3/4 cup)Banana (1 medium) Lowfat Milk (1 cup) | **GB****O****FV****M** | Pancake1 (2 4”) Sandwich with Honey Butter (1 Tbsp)Strawberries (½ cup) Lowfat Milk (1 cup) | **GB****FV****A****M** | Banana Bread1,2 (1 slice)Cinnamon Applesauce (½ cup) with Raisins (2 Tbsp) with Lowfat Milk (1 cup) | **GB****FV****M** | Raisin Bran1,3 (3/4 cup)Orange Slices (½ cup) Lowfat Milk (1 cup) |
| **GB****A** **FV** **M** | Buttermilk Biscuit1,2 (2 oz)Sliced Ham (1 oz) Blueberries (½ cup) Lowfat Milk (1 cup) | **GB****O****FV****M** | Boston Brown Bread1,2(2 slices) Sandwich with Cream Cheese (1 Tbsp) Sliced Peaches (½ cup) Lowfat Milk (1 cup) | **GB****A****FV****M** | Granola Cereal1,3 (3/4 cup)Fruited Yogurt (½ cup) Berries in Season (½ cup) Lowfat Milk (1 cup) | **GB****A****FV****M** | Hard Roll1 with Cheese (1 oz) Apple Juice (½ cup) Lowfat Milk (1 cup) | **GB****O****FV****M** | Corn Bread**1,2** with Margarine (2 tsp)Pineapple Tidbits (½ cup) Lowfat Milk (1 cup) |
| **GB****O****FV****M** | French Toast Sticks1Syrup (2 oz) Orange Juice (½ cup) Lowfat Milk (1 cup) | **GB****A****FV****M** | Croissant1 (2 oz) with Cheese (1 oz)Honeydew melon (½ cup) Lowfat Milk (1 cup) | **GB****O** **FV** **M** | Bran Muffin1,2(3 oz)Honey (2 tsp) Applesauce (½ cup) Lowfat Milk (1 cup) | **GB****FV** **M** | Cold Cereal1,3 (3/4 cup)Mandarin Orange Segments (½ cup) Lowfat Milk (1 cup) | **GB****O** **A** **FV** **M** | English Muffin1 (2 oz) withMargarine & Jelly (2 tsp ea) Hard Boiled Egg (1) 100% Cranapple Juice (½ cup) Lowfat Milk (1 cup) |

1For all **purchased grains/breads**, a serving must meet the minimum weights specified in “Exhibit A: Serving Sizes for Grains/Breads in the Child Nutrition Programs”.

2For **products made from scratch**, serving sizes are based on the grains and/or cereal content of the recipe. To count as a serving of grains/breads, recipes for homemade products must contain a sufficient amount of flours (including bran and germ) and/or cereals to meet the minimum required amount per serving of the item. This information can be determined by using the worksheet “Determining the Grains/Breads Servings in a Recipe”.

3Cereals containing 36 per cent or more sugar per serving are not recommended. A list of creditable cereals is contained in the *Policy for* *Crediting Cookies, Crackers and Cereals in the Child and Adult Care Food Program*.