

# August 2022 Head Start Breakfast Menu

Mon	Tue	Wed	Thu	Fri
Review all labels and make appropriate changes for Modified Diets Menus are subject to change Menu approved by Denise Kiamy RD, LD	<u>Serving size:</u> Milk=3/4 cup Fruit/Veg=1/2 cup Bread= 1/2 slice Muffin= 1/2 serving Cold dry cereal=1/3c			
				12  Waffle Orange Slices Milk
15  Cereal Pears Milk	16  Pancake Applesauce Milk	17  Bagel Mandarin Oranges Milk	18  Cereal Pineapple Milk	19  English Muffin Blueberries Milk
22  Waffle Orange Slices Milk	23  Cereal Strawberries Milk	24  Oatmeal Pineapple Milk	25  Bagel Banana Milk	26  Cereal Apple Slices Milk
29  Cereal Blueberries Milk	30  French Toast Sticks Applesauce Milk	31  English Muffin Peaches Milk		