

# Heritage Nutrition Services

## Breakfast Menu

January 2023

- All Breakfasts are served w/ 8oz low-fat unflavored milk or Whole Milk for 1-2yr old
- All Fruit/Vegetable Juices served are Pasteurized and 100% Juice.
- “\*” Denotes Whole Grain-Rich or Whole Grain item.
- “CN” Denotes Child Nutrition Labeled and Certified product.
- + denotes a scratch-cooked item with a standardized recipe.
- All Menus meet or exceed the CACFP Meal Pattern requirements.

Mon	Tue	Wed	Thu	Fri
2 <i>Heritage Closed</i>	3 <i>Honey Scooters Cereal*</i> <i>1/2c. Peaches</i>	4 <i>WG Banana Bread</i> <i>1/2c. Mandarin Oranges</i>	5 <i>WG Turkey sausage, egg, &amp; cheese Breakfast Bagel</i> <i>1/2c. Pears</i>	6 <i>Apple-Cinnamon Muffin*</i> <i>1/2c. Mixed Fruit</i>
9 <i>Cinnamon Chex</i> <i>1/2c. Pears</i>	10 <i>1 c. Oatmeal</i> <i>1/2c. Peaches</i>	11 <i>WG blueberry muffin</i> <i>Fresh Orange</i>	12 <i>2 Pancake*</i> <i>1/2c. Warm Cinnamon Apples</i>	13 <i>WG Lemon Bread Banana</i>
16 <i>Heritage Closed</i>	17 <i>WG Banana Bread</i> <i>1/2c. Pineapple</i>	18 <i>Rice Krispies*</i> <i>1/2c. Pears</i>	19 <i>4 French Toast Sticks*</i> <i>Fresh Banana</i>	20 <i>Cinnamon Chex</i> <i>Fresh Apple</i>
23 <i>Lemon Bread Slice*</i> <i>Banana</i>	24 <i>WG Biscuit &amp; Turkey sausage gravy</i> <i>1/2c. Pears</i>	25 <i>Cheerios*</i> <i>1/2c. Mandarin Oranges</i>	26 <i>Apple-Cinnamon Muffin*</i> <i>1/2c. Peaches</i>	27 <i>WG Turkey sausage egg cheese Breakfast Bagel</i> <i>1/2c. Pears</i>
30 <i>Cinnamon Chex*</i> <i>1/2c. Pears</i>	31 <i>Honey Scooters Cereal*</i> <i>1/2c. Pineapple</i>			