

Heritage Nutrition Services

Breakfast Menu

November 2022

- 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
	1 1 Waffle* 1/2c. Warm Cinnamon Apples	2 Honey Scooters Cereal* 1/2c. Mandarin Oranges	3 WG Turkey sausage egg cheese Breakfast Bagel 1/2c. Pears	4 Apple-Cinnamon Muffin* 1/2c. Peaches
7 Cinnamon Chex 1/2c. Pears	8 1 c. Oatmeal 1/2c. Peaches	9 WG blueberry muffin Fresh Banana	10 2 Pancake* 1/2c. Warm Cinnamon Apples	11 WG Lemon Bread 1/2c. Mixed Fruit
14 Honey Scooters Cereal* 1/2c. Mandarin Oranges	15 WG Banana Bread 1/2c. Applesauce	16 Rice Krispies* Fresh Apple	17 4 French Toast Sticks* 1/2c. Peaches	18 Cinnamon Chex 1/2c. Pears
21 Lemon Bread Slice* Banana	22 WG Biscuit & Turkey sausage gravy 1/2c. Peaches	23 Cheerios* Fresh Apple	24 Heritage Closed	25 Heritage Closed
28 Honey Scooters Cereal* 1/2c. Pears	29 1 Waffle* 1/2c. Warm Cinnamon Apples	30 Cinnamon Chex* 1/2c. Mandarin Oranges		