

CAS Y Breakfast Master Menus

Revised October 2003

Breakfast Components: 1. Milk 2. Bread, Dry Cereal, Pasta, or Grain 3. Fruit, Vegetable or 100% Juice

1. Milk 2. Waffles 3. Strawberries or Cinnamon Apples or 100% Apple Juice #20	1. Milk 2. Bran Muffin 3. Grapes or Raisins or 100% Grape Juice #21	1. Milk 2. Cold Cereal 3. Orange Slices or Apple Slices or 100% Apple Juice #22	1. Milk 2. Toast 3. Raisins or Applesauce or 100% Mixed Berry Juice #23	1. Milk 2. Oatmeal 3. Apple or Applesauce or 100% Raspberry Juice #24
1. Milk 2. Bagel 3. Watermelon or Cantaloupe or 100% Orange-Pineapple Juice #25	1. Milk 2. Pancakes 3. Blueberries or Peaches or 100% Mixed Juice #26	1. Milk 2. French Toast 3. Applesauce or Pears or 100% Orange Juice #27	1. Milk 2. Biscuit 3. Watermelon or Tator Tots or 100% Grape Juice #28	1. Milk 2. Cinnamon Roll 3. Hashbrowns or Fruit Salad or 100% Tropical Juice #30
1. Milk 2. Croissant 3. Strawberries or Plums or 100% Apple-Cranberry Juice #31	1. Milk 2. Granola Bar 3. Apricots or Banana or 100% Pineapple-Orange Juice #32	1. Milk 2. Grits 3. Fried Apples or Strawberries or 100% Apple Juice #33	1. Milk 2. Cereal Bar 3. Orange slices or Pears or 100% Pear -Grape Juice #34	1. Milk 2. English Muffin 3. Dates or Honey Dew or 100% Grape Juice #35

**When multiple choices of the Fruit/Vegetable groups appear, choose one component. Always post menus to reflect what you are actually serving and for the parents/monitors to see. Review your "What's in a Meal" binder for age appropriate serving sizes.

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1. Milk 2. Cornbread 3. Kiwi or Fruit Cocktail or 100% Apple Juice #36	1. Milk 2. Pop Tart 3. Honeydew or Grapes or 100% Cherry Juice #37	1. Milk 2. Rice Cake 3. Blackberries or Tangerines or 100% Raspberry Juice #38	1. Milk 2. Zucchini Bread 3. Banana or Tator tots or 100% Berry Juice #40	1. Milk 2. Toaster Pastry 3. Fruit Salad or Peaches or 100% Apple- Cherry Juice #41
1. Milk 2. Sweet Roll 3. Cantaloupe or Watermelon or 100% Orange Juice #42	1. Milk 2. Rice Pudding 3. Orange or Apple or 100% Grape Juice #43	1. Milk 2. Rice Crispy Treat 3. Banana or Melon or 100% Mixed Juice #44	1. Milk 2. Cake Donut 3. Honey Dew or Grapes or 100% Apple Juice #45	1. Milk 2. Texas Toast 3. Hashbrown or Kiwi or 100% Orange Juice #46
1. Milk 2. Carrot Bread 3. Apple or Banana or 100% Grape Juice #47	1. Milk 2. Pizza Crust (w/ Cream Cheese for Fruit Pizza) 3. Strawberry or Banana or Kiwi #48	1. Milk 2. Cold Cereal 3. Apple or Applesauce or 100% Apple Juice #50	1. Milk 2. Cold Cereal 3. Oranges Apricots or 100% Cherry Juice #51	1. Milk 2. Cold Cereal 3. Raisins or Pineapple or 100% Punch Juice #53

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