



# CASY Breakfast Menu Templates *Revised January 2012*

## Breakfast Components:

1. **Milk:** *Per CACFP and FSSA licensing requirements providers must serve the appropriate milk to the appropriate age group. For toddlers between 12 months and 2 years of age serve whole or 2% milk. For children older than 2 years serve **only** 1% milk.*
2. **Bread, Dry Cereal, Pasta, or Grain**
3. **Fruit, Vegetable or 100% Juice**

1. Milk 2. Whole Grain Waffles 3. Strawberries  #20	1. Milk 2. Bran Muffin 3. Grapes  #21	1. Milk 2. English Muffin 3. Baked Sweet Potato Sticks  #22	1. Milk 2. Wheat Toast 3. Peaches  #23	1. Milk 2. Oatmeal 3. Blueberries  #24
1. Milk 2. Whole Grain Bagel 3. Watermelon  #25	1. Milk 2. Whole Grain Pancakes 3. Blueberries  #26	1. Milk 2. French Toast 3. Applesauce  #27	1. Milk 2. Biscuit 3. Pears  #28	1. Milk 2. Cinnamon Roll 3. Hash browns  #30
1. Milk 2. Croissant 3. Mandarin Oranges  #31	1. Milk 2. Flour Tortillas 3. Dried Mixed Fruit <i>Serve as soft tortilla rollups with peanut butter or cream cheese as extra</i> #32	1. Milk 2. Grits 3. Baked Apples  #33	1. Milk 2. Cereal Bar 3. Orange slices  #34	1. Milk 2. English Muffin 3. Honey Dew  #35
1. Milk 2. Banana Bread 3. Kiwi  #36	1. Milk 2. Grits 3. Cranberries  #37	1. Milk 2. Rice Cake 3. Blackberries  #38	1. Milk 2. Apple Fritters 3. Banana  #40	1. Milk 2. Oatmeal Bread 3. Strawberries  #41

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1. Milk 2. Sweet Roll 3. Cantaloupe  #42	1. Milk 2. Muffin 3. Grapes  #43	1. Milk 2. Zucchini Bread 3. Nectarine  #44	1. Milk 2. Apple Bread 3. Potato Wedges  #45	1. Milk 2. White Rice 3. Kiwi  #46
1. Milk 2. Carrot Bread 3. Apple Slices  #47	1. Milk 2. Pizza Crust <i>(with cream cheese)</i> 3. Fresh Fruit Plate <i>(serve as fruit pizza)</i>  #48	1. Milk 2. White Rice 3. Apricots  #50	1. Milk 2. Oatmeal 3. Hash browns  #51	1. Milk 2. Cornbread 3. Persimmons  #52
1. Milk 2. Biscuits n Gravy 3. Pineapple  #53	1. Milk 2. Cream of Wheat 3. Dried Mixed Fruit  #54	1. Milk 2. Pop tart 3. Grapes  #55	1. Milk 2. Cake Donut 3. Tator Tots  #56	1. Milk 2. Waffle 3. Blackberries  #57
1. Milk 2. Banana Fritters 3. Dates  #58	1. Milk 2. Brown Rice 3. Raspberries  #60	1. Milk 2. Granola Bar 3. Peaches  #61	1. Milk 2. Homemade Blueberry Muffin 3. Applesauce  #62	1. Milk 2. Graham Crackers 3. Strawberries  #63

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1. Milk 2. Whole Grain Bagel 3. Plums  #64	1. Milk 2. Carrot Bread 3. Fruit Cocktail  #65	1. Milk 2. Wheat Toast 3. Raisins  #66	1. Milk 2. Waffles 3. Mandarin Oranges  #67	1. Milk 2. Pumpkin Bread 3. Cherries  #68
1. Milk 2. Whole Grain Tortilla 3. Banana #70	1. Milk 2. Rice Crispy Treat 3. Peaches #71	1. Milk 2. French Toast 3. Hash brown #72	1. Milk 2. Poptart 3. Orange Slices #73	1. Milk 2. Wild Rice 3. Mixed Berries #74
1. Milk 2. Cinnamon Roll 3. Baked Potato Cubes #75	1. Milk 2. Cake Donut 3. Honey Dew #76	1. Milk 2. Cold Cereal 3. 100% Grape Juice #77	1. Milk 2. Cold Cereal 3. 100% Orange Juice #78	1. Milk 2. Cold Cereal 3. 100% Mixed Juice #80
1. Milk 2. Cold Cereal 3. 100% Cherry Juice #81	1. Milk 2. Cold Cereal 3. 100% Apple Juice #82	1. Milk 2. Hot Cereal 3. Banana #83	1. Milk 2. Hot Cereal 3. Apple Slices #84	1. Milk 2. Cold Cereal 3. 100% Berry Juice #85

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