

2024-25 NCEC Breakfast Menu

Menus are subject to change without notice.

WG = Whole Grain LF = Low Fat

Week of Sept 2, 16, 30; Oct 14, 28; Nov 11, 25; Dec 9, 30; Jan 13, 27; Feb 10, 24; Mar 10, 31; Apr 14, 28; May 12, 26

WG Cereal
4 oz Juice
Milk*

WG Snack Bread
Fruit
Milk*

WG Granola Round
Fruit
Milk*

WG Cereal
Fruit
Milk*

WG Graham Squares
Fruit
Milk*

Week of Sept 9, 23; Oct 7, 21; Nov 4, 18; Dec 2, 16; Jan 6, 20; Feb 3, 17; Mar 3, 17; Apr 7, 21; May 5, 19; June 2

WG Cereal
4 oz Juice
Milk*

WG Benefit Bar
Fruit
Milk*

WG Snack Bread
Fruit
Milk*

WG Muffin
Fruit
Milk*

WG Snack Bread
Fruit
Milk*

Preschool program children can get one breakfast and one lunch free of charge each day at school. Milk is included in the price of a breakfast and lunch meal. Students who take milk only at meals will be charged \$0.50 per carton. Please know that if your child is bringing lunch from home and ordering milk they will be charged \$.50. Childcare program children will be charged \$5.00 per lunch. Second & Adult Breakfasts cost \$2.50.

***MDE Infant and Preschool Meal Pattern Guidelines:**

Milk - ages 1-2 portion is 4 fluid ounces; ages 3-5 is 6 fluid ounces. Children 12-24 months are served unflavored whole milk; children 2 and up are served unflavored 1%

Cereal - Breakfast cereals must contain no more than 6 grams of sugar per dry ounce. (1oz approved Whole Grain Cereals: Marshmallow Mateys, Cinnamon Toast Crunch RS, Cinnamon Chex, Cheerios, Honey Cheerios, Scooters, HoneyScooters, Kix, Rice Chex, Multi Grain Cheerios).

