



## Tender Years Breakfast

(Served Daily 7am-9am)

AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>TODDLER</b> (AGES 1)	¼ cup cereal (Cheerios/Life) ½ cup milk ½ cup fruit	½ slice of whole wheat toast ½ slice of cheese ¼ cup juice ½ cup fruit	1 whole waffle*/French toast sticks ¼ cup applesauce ½ cup milk  *margarine/syrup optional	English muffin* ¼ cup fruit ¼ cup juice  *margarine/syrup optional	¼ cup cereal (Cheerios/Life) ½ cup milk ½ cup fruit
<b>PRESCHOOL</b> (AGES 2-5)	1/3 cup cereal (Cheerios/Life) ¾ cup milk ½ cup fruit	½ slice of whole wheat toast 1 slice of cheese ½ cup juice ½ cup fruit	1 whole waffle*/French toast sticks ½ cup applesauce ½ cup milk  *margarine/syrup optional	English muffin* ½ cup fruit ½ cup juice  *margarine/syrup optional	1/3 cup cereal (Cheerios/Life) ¾ cup milk ½ cup fruit
<b>SCHOOL-AGE</b> (AGES 6-12)	¾ cup cereal (Cheerios/Life) 1 cup milk ½ cup fruit	1 slice of whole wheat toast 1 slice of cheese ½ cup juice ½ cup fruit	1 whole waffle*/t/French toast sticks ¾ cup applesauce 1 cup milk  *margarine/syrup optional	English muffin* 1 cup fruit ½ cup juice  *margarine/syrup optional	¾ cup cereal (Cheerios/Life) 1 cup milk ½ cup fruit

\*\*Fresh fruit may be substituted upon availability. Fruit = Banana, peaches, or mixed fruit

Tender Years, Inc. breakfast menu follows the USDA guidelines for the Child Care Food Program, Meal Patterns

### CAMP HILL

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