

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

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Review your "What's in a Meal" booklet for age appropriate serving sizes and for help evaluating recipes.

C A SY Chances And Services for Youth

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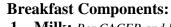
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1. Milk	1. Milk	1. Milk	1. Milk	1. Milk
2. Sweet Roll	2. Muffin	2. Zucchini Bread	2. Apple Bread	2. White Rice
3. Cantaloupe	3. Grapes	3. Nectarine	3. Potato Wedges	3. Kiwi
#42				#46
	#43	#44	#45	
1. Milk	1. Milk	1. Milk	1. Milk	1. Milk
2. Carrot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

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 Milk Whole Grain Bagel Plums 	 Milk Carrot Bread Fruit Cocktail 	 Milk Wheat Toast Raisins 	 Milk Waffles Mandarin Oranges 	 Milk Pumpkin Bread Cherries
#64	#65	#66	#67	#68
1. Milk 2. Whole Grain Tortilla 3. Banana #70	1. Milk2. Rice Crispy Treat3. Peaches	 Milk French Toast Hash brown 	 Milk Poptart Orange Slices 	1. Milk 2. Wild Rice 3. Mixed Berries
 Milk Cinnamon Roll Baked Potato Cubes 	1. Milk 2. Cake Donut 3. Honey Dew	1. Milk 2. Cold Cereal 3. 100% Grape Juice	1. Milk 2. Cold Cereal 3. 100% Orange Juice	1. Milk 2. Cold Cereal 3. 100% Mixed Juice
#75	#76	#77	#78	#80
 Milk Cold Cereal 100% Cherry Juice 	 Milk Cold Cereal 100% Apple Juice 	 Milk Hot Cereal Banana 	 Milk Hot Cereal Apple Slices 	 Milk Cold Cereal 100% Berry Juice
#81	#82	#83	#84	#85

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