



# what's for Breakfast?

## Great Start Readiness Program



**OXFORD NUTRITIONAL SERVICES**  
Director, Karen Bissett

(248) 969-5167 • [www.oxfordschools.org](http://www.oxfordschools.org)

<b>MONDAY</b> Cheerios Strawberries Milk	<b>MONDAY</b> Rice Krispies Blueberries Milk	<b>MONDAY</b> Bagel Strawberry Cup Milk	<b>MONDAY</b> Cornflakes Pineapple Milk
<b>TUESDAY</b> Blueberry Muffin Mandarin Oranges Milk	<b>TUESDAY</b> Bagel Orange Smiles Milk	<b>TUESDAY</b> Banana Muffin Mixed Fruit Milk	<b>TUESDAY</b> Eggo Blueberry Pancakes Pears Milk
<b>WEDNESDAY</b> Eggo Maple Waffles Applesauce Milk	<b>WEDNESDAY</b> Cornflakes Cereal Banana Milk	<b>WEDNESDAY</b> Cheerios Banana Milk	<b>WEDNESDAY</b> Bagel Fresh Cut Fruit Milk
<b>THURSDAY</b> Cheese Omelet Blueberries Milk	<b>THURSDAY</b> Vanilla Yogurt Graham Gripz Mandarin Oranges Milk	<b>THURSDAY</b> Cheese Omelet Pears Milk	<b>THURSDAY</b> Eggo Maple Waffles Apple Slices Milk
<b>FRIDAY</b> NO SCHOOL	<b>FRIDAY</b> NO SCHOOL	<b>FRIDAY</b> NO SCHOOL	<b>FRIDAY</b> NO SCHOOL

### Daily Requirements

#### Fruit

2-3 years old - 1 cup  
4-8 years old - 1 to 1½ cups

#### Vegetables

2-3 years old - 1 cup  
4-8 years old - 1½ cups

#### Grain

2-3 years old - 3 ounce equivalent  
4-8 years old - 5 ounce equivalents

#### Protein

2-3 years old - 2 ounce equivalents  
4-8 years old - 4 ounce equivalents

#### Dairy

2-3 years old - 2 cups  
4-8 years old - 2½ cups



For your convenience, visit [www.sendmoneytoschool.com](http://www.sendmoneytoschool.com) to make deposits on your child's account. There is a charge of \$2.00 for each transaction. You may continue to make deposits at your child's school. **You can use the website to monitor your child's account at no cost.**

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AUGUST					SEPTEMBER					OCTOBER					NOVEMBER					DECEMBER				
											1	2	3	*										
										7	8	9	10	*	4	*	6	7	*	2	3	4	5	*
					*	17	18	19	*	14	15	16	17	*	11	12	13	14	*	9	10	11	12	*
					23	24	25	26	*	21	22	23	24	*	18	19	20	21	*	16	17	18	19	*
					30					28	29	30	31	*	25	26	*	*	*	*	*	*	*	*

A VARIETY OF FRESH FRUITS AND VEGETABLES ARE OFFERED DAILY. A FAT FREE OR 1% MILK IS SERVED WITH EACH MEAL. MENUS ARE SUBJECT TO CHANGE BASED UPON MARKET AVAILABILITY.

\* = NO SCHOOL  
School year 2019-20