



What's for Breakfast?

Great Start Readiness Program



OXFORD NUTRITIONAL SERVICES

Director, Karen Bissett

(248) 969-5167 • www.oxfordschools.org

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

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 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.**

USDA is an equal opportunity provider and employer

JANUARY					FEBRUARY					MARCH					APRIL					MAY				
			*	*						2	3	4	5	*			*	*	*	4	5	6	7	*
6	7	8	9	*	3	4	5	6	*	9	10	11	12	*	6	7	8	9	*	11	12	13	14	*
13	14	15	16	*	10	11	12	13	*	16	17	18	19	*	13	14	15	16	*	18	19	20	21	*
*	21	22	23	*	*	18	19	20	*	23	24	25	26	*	20	21	22	23	*	*	26	27		
27	28	29	30	*	24	25	26	27	*	*	*				27	28	29	30	*					

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