

Belleville Henderson Breakfast menu

4oz 100% apple juice 4oz 100% orange juice 4oz 100% fruit juice	Apple Frudel Strudel	Chocolate chip muffin
½ fruit fresh or canned May take 2	Variety hot oatmeal	Banana bread
8oz no- fat chocolate milk 8oz 1% unflavored milk	Oatmeal breakfast bars -oatmeal chocolate chip -banana -oatmeal raisin	glazed pull apart doughnuts
4oz cheese bagel	Mini doughnuts -chocolate -powder	Cinnamon roll
2 oz bagel 2oz English muffin Butter, cream cheese, or peanut butter	Pop tarts -1.6oz single whole grain -3.3 double whole grain	Fruit yogurt parfait
Cereal Variety	Ham, egg, and cheese croissants	

- Must have 3 items when coming through the line
 - Should include 1- whole grain item
 - 1 Juice or Fruit or both
 - 1 milk, flavored or unflavored

May take all 4 items – Milk, Juice, Fruit, whole grain