### Breakfast Menu

**Monday**
- **100% Juice**
- Fresh or prepared fruit
- Low or non fat milk

**Tuesday**
- **100% Juice**
- Fresh or prepared fruit
- Low or non fat milk

**Wednesday**
- **100% Juice**
- Fresh or prepared fruit
- Low or non fat milk

**Thursday**
- **100% Juice**
- Fresh or prepared fruit
- Low or non fat milk

**Friday**
- **100% Juice**
- Fresh or prepared fruit
- Low or non fat milk

### Meal Pattern Requirements (weekly)
- **Grains Range:** 10 G EQ
- 1/2 of all grains must be whole grain rich
- **M/MA Range:** 10 oz.
- **Vegetable Range:** 5 cups
  - per appropriate subgroup

### My Plate Recommends
Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but are also good for you, too.

### Offered Daily with Breakfast:
- **Fresh or prepared fruits**
- **Non Fat or Low Fat White or Chocolate Milk**

### Link for Summer Food Service Program:
[http://www.fns.usda.gov/summerfoodrocks](http://www.fns.usda.gov/summerfoodrocks) or 1-800-522-5006 or Text "Summer Meals" to 97779