



# Adapted Breakfast Program Menu

WEEK: Week 1

## MONDAY

**FRUIT/VEG:**

Apple

**PROTEIN:**

Cheese

**WHOLE GRAINS:**

Granola Bars

**DRINK:**

Water

**ATTENDANCE TALLY:**

## TUESDAY

**FRUIT/VEG:**

Banana

**PROTEIN:**

Add Milk to cereal  
(see below)

**WHOLE GRAINS:**

Cereal( low sugar)

**DRINK:**

Water/Milk

**ATTENDANCE TALLY:**

## WEDNESDAY

**FRUIT/VEG:**

Unsweetened Apple  
Sauce

**PROTEIN:**

Hard-Boiled Egg

**WHOLE GRAINS:**

Crackers

**DRINK:**

Water

**ATTENDANCE TALLY:**

## THURSDAY

**FRUIT/VEG:**

Banana

**PROTEIN:**

Cheese

**WHOLE GRAINS:**

Granola Bar

**DRINK:**

Water

**ATTENDANCE TALLY:**

## FRIDAY

**FRUIT/VEG:**

Baby Carrots

**PROTEIN:**

Hummus

**WHOLE GRAINS:**

Crackers

**DRINK:**

Water

**ATTENDANCE TALLY:**



# Adapted Breakfast Program Menu

WEEK: Week 2

## MONDAY

**FRUIT/VEG:**

Fruit cup

**PROTEIN:**

Hard-boiled Egg

**WHOLE GRAINS:**

Crackers

**DRINK:**

Water

ATTENDANCE TALLY:

## TUESDAY

**FRUIT/VEG:**

Baby carrots

**PROTEIN:**

Hummus

**WHOLE GRAINS:**

Granola bar

**DRINK:**

Water

ATTENDANCE TALLY:

## WEDNESDAY

**FRUIT/VEG:**

Orange

**PROTEIN:**

Yogurt

**WHOLE GRAINS:**

Granola bar

**DRINK:**

Water

ATTENDANCE TALLY:

## THURSDAY

**FRUIT/VEG:**

Apple

**PROTEIN:**

Add milk to cereal  
(see below)

**WHOLE GRAINS:**

Cereal (low sugar)

**DRINK:**

Water/Milk

ATTENDANCE TALLY:

## FRIDAY

**FRUIT/VEG:**

Banana

**PROTEIN:**

Cheese

**WHOLE GRAINS:**

Crackers

**DRINK:**

Water

ATTENDANCE TALLY:

WEEK: Week 3

## MONDAY

**FRUIT/VEG:**

Orange

**PROTEIN:**

Cheese

**WHOLE GRAINS:**

Crackers

**DRINK:**

Water

ATTENDANCE TALLY:

## TUESDAY

**FRUIT/VEG:**

Banana

**PROTEIN:**

Add Milk to Cereal  
(see below)

**WHOLE GRAINS:**

Cereal (low sugar)

**DRINK:**

Water/Milk

ATTENDANCE TALLY:

## WEDNESDAY

**FRUIT/VEG:**

Baby Carrots

**PROTEIN:**

Hummus

**WHOLE GRAINS:**

Crackers

**DRINK:**

Water

ATTENDANCE TALLY:

## THURSDAY

**FRUIT/VEG:**

Unsweetened Apple  
Sauce

**PROTEIN:**

Hard-boiled Egg

**WHOLE GRAINS:**

Granola Bar

**DRINK:**

Water

ATTENDANCE TALLY:

## FRIDAY

**FRUIT/VEG:**

Apple

**PROTEIN:**

Yogurt

**WHOLE GRAINS:**

Granola Bites

**DRINK:**

Water

ATTENDANCE TALLY: