



YDT January 2026 Breakfast Menu

All Breakfasts will include at least 1-2 oz eq Grain, 1 cup Fruit and 8 oz fluid skim or low-fat Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 WG Multigrain Cheerios Fruit Milk	2 WG Pastries Fruit Cup Milk
5 Yogurt WG Granola fruit Milk	6 WG Tortilla Chips Salsa Cup Milk	7 WG Multigrain Cheerios Fruit Milk	8 Granola Bar Apples Milk	9 WG pretzels Fruit cup Milk
12 Mozzarella Sticks WG Crackers fruit Milk	13 WG Rice Cakes Diced Peaches Milk	14 WG Muffin Fruit Cup Milk	15 WG Multigrain Cheerios Fruit Milk	16 WG Pastries Fruit Cup Milk
19 Yogurt WG Granola fruit Milk	20 WG Tortilla Chips Salsa Cup Milk	21 WG Multigrain Cheerios Fruit Milk	22 Granola Bar Apples Milk	23 WG pretzels Fruit cup Milk
26 Mozzarella Sticks WG Crackers fruit Milk	27 WG Rice Cakes Diced Peaches Milk	28 WG Muffin Fruit Cup Milk	29 WG Multigrain Cheerios Fruit Milk	30 WG Pastries Fruit Cup Milk

This institution is an equal opportunity provider.