

Puget Sound Educational Service District Early Learning Menu

PSESD Early Learning

Teacher
Menu
Phone 0 0

FAX: (888) 311-1842
Email: menus@pugetsoundhs.org
Due by the 5th of next month

Breakfast
Sep 2014

Required for USDA/CACFP Breakfast: Milk, Grain, Fruit/Vegetable. Potatoes are vegetables (not a grain). A raw vegetable must be served with another raw vegetable or another component. Breakfast/Granola Bars are NOT Creditable at Breakfast. Meat is an optional component but should still be recorded.

Use the left column to assist your components and portion sizes. (2% Milk is not creditable). Cross out DAYS not in service.

3 Components	Monday	Tuesday	Wednesday	Thursday	Friday
Milk: 6 oz	1 1% Milk	2 1% Milk	3 1% Milk	4 1% Milk	5 1% Milk
Fruit/Veg	F/V Strawberries	F/V Applesauce	F/V Berries and Banana	F/V Kiwi	F/V Banana
Grain: 1/2sl, 1/4c	G Bran Cereal	G Whole Wheat French Toast	G Granola	G Whole Wheat Toast	G Oatmeal
Meat: Optional	M	M	M Greek Yogurt	M Scrambled Eggs	M
Substitutions					
Milk: 6 oz	8 1% Milk	9 1% Milk	10 1% Milk	11 1% Milk	12 1% Milk
Fruit/Veg	F/V Blueberries	F/V Fruit Salad	F/V Orange Smiles	F/V Strawberries	F/V Peaches
Grain: 1/2sl, 1/4c	G Whole Wheat Pancakes	G Whole Grain Breakfast Bar	G Cheerios	G Whole Grain Biscuit with Jam	G Whole Grain English Muffin
Meat: Optional	M	M	M	M Turkey Sausage	M Hard Boiled Egg
Substitutions					
Milk: 6 oz	15 1% Milk	16 1% Milk	17 1% Milk	18 1% Milk	19 1% Milk
Fruit/Veg	F/V Banana	F/V Mandarin Oranges	F/V Kiwi	F/V Pears	F/V Applesauce
Grain: 1/2sl, 1/4c	G Corn Flakes	G Raisin Bread	G Cheese Quesadillas	G Whole Grain Bagel	G Bran Muffin
Meat: Optional	M	M	M	M	M
Substitutions				Cream Cheese	
Milk: 6 oz	22 1% Milk	23 1% Milk	24 1% Milk	25 1% Milk	26 1% Milk
Fruit/Veg	F/V Pineapple Tidbits	F/V Banana	F/V Mango	F/V Berries	F/V Peaches
Grain: 1/2sl, 1/4c	G Whole Wheat English Muffin	G Rice Krispies	G Whole Grain Burrito with eggs, cheese and veggies	G Whole Grain Waffles	G Whole Wheat Toast
Meat: Optional	M Turkey Sausage	M	M	M	M Egg Scramble with potatoes
Substitutions			Chunky Salsa		
Milk: 6 oz	29 1% Milk	30 1% Milk	1 1% Milk	2 1% Milk	3 1% Milk
Fruit/Veg	F/V Banana	F/V Fresh Fruit	F/V Apple Slices	F/V Apricots	F/V Melon if in season or canned fruit
Grain: 1/2sl, 1/4c	G Cream of Wheat	G Granola	G Whole Grain Graham Crackers	G Whole Wheat Toast	G Sunshine Tacos-eggs, cheese and taco shell
Meat: Optional	M	M Greek Yogurt	M	M	M
Substitutions					

For Meals served on the USDA CACFP: This institution is an equal opportunity provider.