



Tender Years Breakfast

(Served Daily 6:30am - 9:00am)

AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TODDLER (AGES 1-2)	¼ cup cheerios / rice crispiers / corn flakes ½ cup milk ½ banana	½ slice of whole wheat toast ½ slice of cheese ¼ cup juice ½ cup peaches	1 whole wheat waffle* ¼ cup applesauce ½ cup milk *margarine/syrup optional	1 graham cracker ½ cup low fat yogurt ¼ cup peaches ¼ cup juice	½ whole wheat bagel / English muffin* ¼ cup fruit ¼ cup juice *margarine/syrup optional
PRESCHOOL (AGES 3-5)	1/3 cup cheerios / rice crispiers / corn flakes ¾ cup milk ½ banana	½ slice of whole wheat toast 1 slice of cheese ½ cup juice ½ cup peaches	1 whole wheat waffle* ½ cup applesauce ½ cup milk *margarine/syrup optional	1 graham cracker ¾ cup low fat yogurt ½ cup peaches ½ cup juice	½ whole wheat bagel / English muffin* ½ cup fruit ½ cup juice *margarine/syrup optional
SCHOOL-AGE (AGES 6-12)	¾ cup cheerios / rice crispiers / corn flakes 1 cup milk 1 banana	1 slice of whole wheat toast 1 slice of cheese ½ cup juice ½ cup peaches	1 whole wheat waffle* ¾ cup applesauce 1 cup milk *margarine/syrup optional	2 graham cracker 1 cup low fat yogurt 1 cup peaches ½ cup juice	1 whole wheat bagel / English muffin* 1 cup fruit ½ cup juice *margarine/syrup optional

**Fresh fruit may be substituted upon availability.

Tender Years, Inc. breakfast menu follows the USDA guidelines for the Child Care Food Program, Meal Patterns

CAMP HILL

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HERSHEY

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MECHANICSBURG

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