# ECDC-SMC BREAKFAST MENU

## 2018-19 School Year

### Weeks 1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21, 23, 25, 29, 31, 33, 35 & 37

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| 1% Milk (6 oz.), (8 oz.)*  
Mandarin Orange cup (4 oz.)  
Cheerios (1/2 c.), (3/4 c.)*  
or  
Life Cereal (1/2 c.), (3/4 c.)*  
Or  
Oatmeal (1/2 c.), (3/4 c.)* | 1% Milk (6 oz.), (8 oz.)*  
Fresh Orange/Apple** (1/2 piece)  
Life Cereal (1/2 c.), (3/4 c.)*  
or  
Oatmeal (1/2 c.), (3/4 c.)* | 1% Milk (6 oz.), (8 oz.)*  
Fresh Apple/Banana** (1/2 piece)  
Cheerios (1/2 c.), (3/4 c.)*  
or  
1 Waffle w/Apple Butter | 1% Milk (6 oz.), (8 oz.)*  
Fresh Orange** (1/2 piece)  
Life Cereal (1/2 c.), (3/4 c.)*  
or  
Yogurt (1/4 c.), (1/2 c.)*  
Wheat Toast (1/2 slice), (1 slice)* | 1% Milk (6 oz.), (8 oz.)*  
Fresh Banana/Apple** (1/2 piece)  
Cheerios (1/2 c.), (3/4 c.)*  
or  
Life Cereal (1/2 c.), (3/4 c.)*  
Or  
Yogurt (1/4 c.), (1/2 c.)*  
Wheat Toast (1/2 slice), (1 slice)* |


### Weeks 2, 4, 6, 8, 10, 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, & 36

<table>
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<th>FRIDAY</th>
</tr>
</thead>
</table>
| 1% Milk (6 oz.), (8 oz.)*  
Pineapple cup (4 oz.)  
Cheerios (1/2 c.), (3/4 c.)*  
or  
Life Cereal (1/2 c.), (3/4 c.)* | 1% Milk (6 oz.), (8 oz.)*  
Fresh Apple/Orange** (1/2 piece)  
Cheerios (1/2 c.), (3/4 c.)*  
or  
Yogurt (1/4 c.), (1/2 c.)*  
Wheat Toast (1/2 slice), (1 slice)* w/ Apple Butter | 1% Milk (6 oz.), (8 oz.)*  
Fresh Orange/Apple** (1/2 piece)  
Life Cereal (1/2 c.), (3/4 c.)*  
or  
Oatmeal (1/2 c.), (3/4 c.)* | 1% Milk (6 oz.), (8 oz.)*  
Fresh Apple/Banana** (1/2 piece)  
Life Cereal (1/2 c.), (3/4 c.)*  
or  
1 Waffle w/Apple Butter | 1% Milk (6 oz.), (8 oz.)*  
Fresh Banana/Orange** (1/2 piece)  
Cheerios (1/2 c.), (3/4 c.)*  
or  
Life Cereal (1/2 c.), (3/4 c.)*  
Or  
Yogurt (1/4 c.), (1/2 c.)*  
Wheat Toast (1/2 slice), (1 slice)* |


*5/6’s &7/8/9’s

**May be replaced with a fruit cup.