



OCEAN ACADEMY SCHOOL BREAKFAST MENU



SUBSTITUTIONS:

Fruit Juice —Different varieties of 100% juice can be interchanged

Canned Fruit — Different varieties can be interchanged

Fresh Fruit — Different varieties can be interchanged

Note: All portions will be the same as item being substituted

MILK CHOICES:

- 1% Low Fat White
- Fat Free White
- Fat Free Chocolate

WGR:
All grains are Whole Grain Rich

DAILY BREAKFAST MENU

Oatmeal
(1 cup = 2 grains)

Fruit
(Berries/Peaches/Bananas/Raisins/Craisins)
(1/2 c fruit; Dried Fruit 1/4 c = 1/2 c fruit)

Assorted Juice
(1/2 cup or 4 oz.)

Choice of Milk
(8 oz.)

ALTERNATE BREAKFAST MENU CHOICES

ALTERNATE #1

Hard Boiled Egg
(1 large = 2 grains)

WGR Saltine Crackers
(3 pkgs. = 1 grain)
OR

WGR Fish Crackers
(3/4 oz. bag = 1 grain)

ALTERNATE #2

String Cheese
(1 oz. = 1 grain)

WGR Saltine Crackers
(3 pkgs. = 1 grain)
OR

WGR Fish Crackers
(3/4 oz. bag = 1 grain)

Fruit
(Berries/Peaches/Bananas/Raisins/Craisins)
(1/2 c fruit; Dried Fruit 1/4 c = 1/2 c fruit)

Assorted Juice
(1/2 cup or 4 oz.)

Choice of Milk