

BREAKFAST MENU

EARLY CHILDHOOD

HOT BREAKFAST

MONDAY

Baked Cinnamon Oatmeal (M) with Sunbutter (SF) & Blueberries

TUESDAY

Whole Wheat English Muffin & Cheddar Cheese Breakfast Sandwich (G,M,W) with Cucumber Slices

WEDNESDAY

Scrambled Egg & Cheese Empanada (E,M,G,W) with Strawberries

THURSDAY

Homemade Gluten-Free Muffin (S) with Butter (M) & Orange Slices

FRIDAY

Spinach & Cheese Frittata Bites (E) with Roasted Sweet Potatoes

COLD BREAKFAST

MONDAY

Cinnamon Sunbutter Overnight Oats (M,SF) with Applesauce

TUESDAY

Mini Bagel (G,W) with Veggie Cream Cheese (M)

WEDNESDAY

Greek Yogurt (M) & Quinoa Muesli Parfait (G,W)
Diced Strawberries (Puree for ages 0-2)

THURSDAY

Homemade Gluten-Free Vegan Muffin (S) & Orange Slices (supremes for ages 0-2)

FRIDAY

Whole Grain Cheerios with Milk (M) & Banana (mashed for ages 0-2)

* Reminders *

Allergen-friendly alternatives are available upon request.

We have strict production and procurement policies surrounding products containing peanuts, tree nut & shellfish.

Peanuts, tree nuts and shellfish are not used as ingredients in any recipe developed for production within our commissary kitchen.

Additionally, we take care **not** to purchase ingredients that were processed in a facility that uses nuts.



*Allergen Labeling Key:

Egg, Gluten, Milk, Pork, Soy, Sesame, Wheat

Contains: Chickpeas, Pepita Seeds, & Sunflower Seeds.

*Our kitchen is nut-aware, which means we do not work with nuts or ingredients produced in facilities that use nuts. For other Top 8 allergens and known community allergens, we follow best practices to avoid cross contamination during production. Kids' menus are free from fish, shellfish, pork and sesame.

Questions related to ingredient information or nutritional content?

Email: nutrition@handcutfoods.com