

# Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b> Hawaiian Sausage Roll Bagler w/Cream Cheese Juice & Milk	Mini Pancakes ( <b>Strawberry</b> ) Breakfast Bar Juice & Milk	Sausage Biscuit Maple Waffle Juice & Milk	Grilled Cheese <b>Blueberry Muffin</b> Juice & Milk	Chicken Filet Biscuit Apple Frudel Juice & Milk
<b>Week 2</b> Chicken Sausage Biscuit Mini Pancakes ( <b>Cinnamon</b> ) Juice & Milk	Bacon & Egg Pizza (pork) Blueberry Waffle Juice & Milk	English Muffin Sandwich Cinnamon Bagler Juice & Milk	Sausage & Gravy Bagel (pork) French Toast Sticks Juice & Milk	Chicken Patty Biscuit <b>Cherry Frudel</b> Juice & Milk

**Menu is a 2 week cycle that will continue to rotate.**

*Breakfast menu is subject to change depending on the availability of food items*

*Items in bold are changes*

## NEAT Fact Sheet

### "Portion Control and Serving Sizes"



- Today's typical portions are much larger than what they were 30 years ago and continue to increase (especially fast food).
- You should follow the serving sizes according to the Food Guide Pyramid.
- **Tips to control your portions...**
  - At restaurants ask for a "to-go" box and immediately wrap-up half your meal before you start eating
  - At fast food restaurants order smaller portions or Kid's Meals
  - Eat your meals at home on smaller plates
  - Eat a snack before a meal or drink a glass of water so you will not overeat
  - Always put chips from a large bag in a bowl or on a plate before eating
- **Common foods and serving sizes:**

Food	Serving	Guideline	Equivalency in FGP
Bagel	1 large	6 oz. can of tuna	4 oz. grains
Bread	1 slice	Cassette tape	1 oz. grains
Flaked cereal	1 cup	baseball	1 oz. grains
Cooked pasta	1 cup	baseball	2 oz. grains
Popcorn	1 cup	baseball	1/3 oz. grains
Rice	1/2 cup	Light bulb	1 oz. grains
Waffle or pancake	1 regular	CD	1 oz. grains
Broccoli	1 cup	Baseball	1 cup veg.
Carrots	1 cup	Baseball	1 cup veg.
Mashed potatoes	1/2 cup	Lightbulb	1/2 cup veg.
Apple	1 medium	Baseball	1 cup fruit
Blueberries	1/2 cup	Lightbulb	1/2 cup fruit
Dried fruit	1 oz.	Golf ball	1/2 cup fruit
Hard cheese	1 1/2 oz.	3 dice	1 cup milk
Yogurt	8 oz	Baseball	1 cup milk
Nuts	1/4 cup	Golf club	1 oz. beans
Beef and chicken	3 oz.	Deck of cards	3 oz. meat
Cooked beans	1/2 cup	Lightbulb	2 oz. beans
Cooked fish	3 oz.	Checkbook	3 oz. meat
Lunch meat	1 oz.	CD	1 oz. meat
Butter, mayo	1 Tbsp.	Poker chip	3 tsp. fats/oil

