

MARCH 2012 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Catering for a Cause</p>			1 Strawberry Scones and Mandarin Oranges	2 Whole Wheat Pita with Scrambled Eggs, Peppers and Cheese, and Fresh Fruit Salad
5 Honey Healthy Muffin, Yogurt and Strawberry Slices	6 Mini-Bagels with Peanut Butter and Honey and Pink Grapefruit	7 French Toast Sticks with Maple Syrup for Dipping and Grapes	8 Oatmeal with Peaches and Almonds, Whole Wheat Carrot Bread	9 Spinach Artichoke Quiche and Fruit Salsa with Whole Wheat Tortilla Chips
12 Multi-Grain Cheerios with Blueberries and a Frozen Banana Pop	13 Egg Salad Whole Wheat Wrap, Golden Raisin and Carrot Yogurt Salad	14 Whole Wheat Breakfast Pizza (English Muffin, Hard Boiled Egg, Tomato and Cheese) and Kiwi Slices	15 Rice Cakes with Peanut Butter, Honey, Bananas & Pecans with Fruit Kabobs	16 Reduced Fat Raspberry Cornbread Cake and Melon Medley
19 Whole Wheat Raisin Bread with Apple Butter, Cottage Cheese and Pineapple	20 Good Morning Gorp, Carrot Sticks with Honey Yogurt Dipping Sauce	21 Cream of Wheat with Honey, Raisins and Cinnamon, with Fresh Berry Medley	22 Broccoli and Cheese Scrambled Eggs with Turkey Bacon, Whole Wheat Toast and Homemade Apple and Cinnamon Puree	23 Whole Wheat Pancakes, Banana and Nuts, Clementine's and Pears
26 Whole Wheat Flax Seed Banana Muffin, with Fresh Mango Puree Freeze Cup	27 Whole Wheat Waffles with Maple Syrup and Dried Apricots	28 Apple Peanut Butter Tortilla and Red Plums	29 Sliced Tomatoes, Cucumbers and Cheese on a Whole Wheat Mini-Bagel with Fruit and Yogurt Smoothies	30 Frosted Oatmeal Squares and Cantaloupe

*All menu items are fresh fruits and vegetables, unless weather interferes with a shipment. Any grain servings will be whole wheat or multi-grain. All milk based products such as cheeses are 2% and meats will be lean cut. Each meal is served with 1% milk to drink.