


# July 2013 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Rice Krispies Cereal® and Watermelon	2 Egg and Cheese Muffin and Cantaloupe	3 Cranberry Nut Bread and Honey Dew Melon	4 CLOSED 4 <sup>th</sup> of July	5 Wheat Bagels with Peanut Butter and Fruit Salad
8 Oatmeal Squares and Grapes	9 Cranberry Orange Pancakes and Grapefruit Slices	10 Apple Muffins and Summer Fruit	11 Carrot Bread and Fruit Salad	12 Oatmeal Breakfast Bars with Dried Fruit
15 Banana Bread and orange Slices	16 Farina® with Papaya and Coconut	17 Raisin Bread and Summer Fruit	18 Blueberry Muffins and Honey Dew	19 Fruit and Granola Parfaits
22 Raspberry Wheat Scones and Fruit Salad	23 Wheat Waffles and Peach Smoothie	24 Morning Glory Muffins and Pineapple	25 Steel Cut Oats with Cinnamon Apples	26 Pumpkin Wheat Scones and Cantaloupe
29 Strawberry Orange Muffins and Summer Fruit	30 French Toast Casserole and Watermelon	31 Pumpkin Oat Meal Muffins with Melon Medley		

\*All fruits and vegetables are fresh. Any grain should be whole wheat or multi-grain. All milk based products such as cheeses are 2%. All meats should be lean cut and low sodium. Any dip should be low fat or fat free. All meals served with milk.