

# APRIL 2014 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Egg & Cheese Whole Wheat English Muffins Grapes	2 Banana PBJ Granola Wraps	3 Blueberry Lemon Bread Apples	4 Cheerios Pineapple
7 Pumpkin Raisin Scones Grapes	8 Nutrigrain Waffles Blueberry Smoothies	9 Rice Cakes with Peanut Butter & Craisins Pineapple	10 Banana Flax Muffin Oranges	11 Grape Nut Yogurt Parfaits Grapes
14 Maple Walnut Banana Bread Homemade Applesauce	15 Whole Wheat Pancakes Oranges	16 Granola with Craisins/Raisins	17 Blueberry Muffins Apples	18 Bran Flakes Grapefruit
21 Whole Wheat Banana Bread Oranges	22 Baked Oatmeal with Apples, Craisins, & Raisins	23 Whole Wheat Bagles with Peanut Butter Fruit Preserves	24 Blueberry Muffins Pineapple	25 English Muffins with Whipped Peanut Butter & Honey Apples
28 Oatmeal Squares Oranges	29 French Toast Casserole Baked Apples	30 Good Morning Gorp		

\*All fruits and vegetables are fresh. Any grain will 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 will be low fat or fat free. All snacks served with water unless otherwise noted.\*

