

DECEMBER 2013 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pumpkin Raisin Scone Pears	3 Good Morning Banana Nut Cereal	4 Peach Muffins Grapes	5 Zucchini Bread Oranges	6 Grape Nut Yogurt Parfait Grape
9 Blueberry Lemon Bread Apples	10 Breakfast Burrito Blueberry Smoothie	11 Fruit Pizza on a Bagel	12 Steel Cut Oats with Banana and Walnut	13 Raisin Bread Grapes
16 Whole Wheat Banana Bread Oranges	17 Baked Oatmeal with Fruit	18 Banana Flax Muffin Grapes	19 Peanut Butter and Honey Wrap with Craisins	20 English Muffins Apple Butter
23 Oatmeal Squares Oranges	24 Have a Blessed Christmas CENTER CLOSED	25 Have a Blessed Christmas CENTER CLOSED	26 Bran Flakes and Craisins	27 Raspberry Crunch Muffins Fruit Salad
30 Cranberry Orange Bread Grapes	31 Banana Pancakes Baked Apples			

*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.