

# August 2014 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Bran Flakes Craisins
4 Cinnamon Raisin Breakfast Cookie  Cantaloupe & Raspberries	5 Egg & Cheese English Muffin  Peaches	6 Cheerios  Watermelon	7 Lemon Blueberry Bread  Pears	8 Bagels w/ Cream Cheese  Red Grapes
11 Blueberry Scones Nectarines	12 Baked Oatmeal (baked apples, raisins, craisins)	13 Fruit Pizza on a Bagel	14 Oatmeal Raisin Bars Honeydew & Blueberries	15 Rice Cakes w/ Peanut Butter & Honey  Craisins & Raisins
18 Honey Wheat Muffins  Strawberries	19 Peach Pancakes  Banana Smoothie	20 Morning Trail Mix w/ Craisins & Raisins	21 Pumpkin Bread  Watermelon	22 Wheat Bagel w/ Apple Butter  Cantaloupe
25 Whole Wheat Maple Bread  Bananas & Pears	26 Turkey Bacon Quiche  Blueberry Smoothies	27 Granola  Pluots	28 Cranberry Apple Muffins  Honeydew	29 English Muffin w/ Fruit Preserves  Peaches

\*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.

