

# FEBRUARY 2014 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Oatmeal Breakfast Bars Grapes	4 French Toast Casserole Baked Apples	5 Chocolate Zucchini Bread Grapefruit	6 Blueberry Muffins Apples	7 Bagels with Apple Butter Grapes
10 Cranberry Nut Bread Grapes	11 Coconut Oatmeal Diced Apricots/Raisins	12 Cheerios Oranges	13 Pumpkin Muffins Apples	14 Granola Yogurt Berry Parfaits
17 Apple Nut Coffee Cake Grapefruit	18 Whole Wheat Pancakes Blueberry Smoothies	19 Granola with Raisins/Craisins	20 Rice Cakes with Honey Peanut Butter	21 Country Cottage Cheese Raisin Bread
24 Maple Walnut Banana Bread Grapes	25 Nutrigrain Waffles Bakes Apples	26 Peanut Butter and Honey Wrap with Craisins	27 Lemon Blueberry Bread Grapes	28 Homemade Applesauce English Muffins with Peanut Butter

\*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.