

JUNE 2014 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cinnamon Wheat Coffee Cake Navel Oranges	3 Couscous Breakfast Casserole Strawberries	4 Healthy Breakfast Cookies Pink Lady Apples	5 Blueberry Lemon Bread Green Grapes	6 Cheerios Grapefruit
9 Wheat Banana Bread Pink Lady Apples	10 Egg and Cheese on Wheat English Muffin Blueberry Smoothie	11 Bagels and Cream Cheese Starfruit and Kiwi Salad	12 Pumpkin Raisin Scones Mango	13 Fruit, Granola, Yogurt Parfaits Strawberries Blueberries and Blackberries
16 Cinnamon Raisin Scones Granny Smith Apples	17 Turkey Sausage Bake Mango, Peach, Banana Smoothie	18 Morning Trail Mix (Craisins and Raisins)	19 Honey Wheat Muffins Grapefruit and Blackberries	20 Peanut Butter Banana Wrap Mango
23 Apple Cranberry Muffins Pink Lady Apples	24 Coconut Rice Cereal with Dried Papaya	25 Craisin Oatmeal Bars Honeydew	26 Monastery Muffins Strawberries	27 Rice Cakes with Peanut Butter and Craisins
30 Morning Glory Muffins Grapefruit and Blueberries				

*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.

