

JANUARY 2014 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 HAPPY NEW YEAR CENTER CLOSED	2 Whole Wheat Bagels Fresh Fruit Preserves	3 Country Cottage Cheese
6 Oatmeal Carrot Cake Bread Pineapple	7 Turkey Sausage Baked Apples Honey Wheat Pancakes	8 Apple Nut Coffee Cake Oranges	9 Blueberry Muffins Homemade Applesauce	10 Cheerios Peach Smoothie
13 Honey Wheat Muffins Grapes	14 Breakfast Couscous Baked Fruit Compote	15 Blueberry Lemon Bread Grapes	16 Cranberry Orange Wheat Scones Apples	17 Good Morning Gorp
20 Morning Glory Muffins Apples	21 Egg in a Hole Blueberry Smoothie	22 Monastery Muffins Apples	23 Banana Granola PB&J Wraps	24 Nutrigrain Waffles Grapes
27 Honey Whole Wheat Banana Bread Oranges	28 Egg and Chees Breakfast Bagels Fruit Smoothie	29 Bran Flakes and Craisins	30 Whole Wheat Carrot Muffins	31 English Muffin Whipped Honey and Peanut Butter Bananas

*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.