

MARCH 2014 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pumpkin Raisin Scones Apples & Grapes	4 Eggs and Cheese Breakfast Sand. On Bagel & oranges	5 English Muffins & Apple Butter Oranges	6 Cranberry Orange Bread Grape Fruit	7 Good Morning Gorp
10 Cinnamon Apple Muffins & Apples	11 Egg in a Hole Blueberry Smoothie	12 Bran Flakes and Craisins	13 Blueberry Muffins and Homemade Applesauce	14 Cheerios and Oranges
17 Oatmeal Squares Grapes	18 French Toast Casserole Peach Smoothie	19 Country Cottage Cheese Cheerios	20 Banana Flax Muffin Grapes	21 Wheat English Muffin with Peanut Butter & Honey Apples
24 Cinnamon Wheat Coffee Cake and Apples	25 Breakfast Burritos-Egg & Cheese Turkey Sausage & Oranges	26 Oatmeal Square Cereal Apples	27 Pumpkin Bread & Grapefruit	28 Raisin Bread Oranges
31 Whey Cranberry Coffee cake Oranges				

*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.