

NOVEMBER 2014 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Raisin Bread Pulots	4 Apple Pancakes Blueberry Smoothie	5 Whole Wheat Bagels w/ Cream Cheese Peaches	6 Rice Chex Cereal Papaya	7 Cinnamon Apple Granola Yogurt Parfait
10 Banana Bread Red Grapes	11 Coconut Rice Cereal Granny Smith Apples	12 Raspberry Crunch Muffins Fruit Salad (grapes, apples, and melon)	13 Oat Bran Cereal Cantaloupe	14 Oatmeal Raisin Breakfast Bars
17 Cheerios Fruit Sorbet	18 Egg and Cheese English Muffin Peaches	19 Peanut Butter Wraps Grapefruit	20 Rice Cakes Pineapple	21 Morning Glory Muffins Orange Slices
24 Good Morning Gorp	25 Whole Wheat Waffles Peach Smoothie	26 Fruit Bagel Pizzas	27 CLOSED HAPPY THANKSGIVING	28 CLOSED 

*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.