

# NOVEMBER 2013 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Bran Flakes & Craisins
4 Country Cottage Cheese Wheat Bagel	5 French Toast Casserole Apples	6 Strawberry-Orange Muffin Fall Fruit Salad	7 Rice Cakes with Honey- Peanut Butter and Bananas	8 Whole Wheat Honey Muffins Oranges
11 Maple Walnut Banana Bread Fall Fruit	12 Farina with Raisins and Walnuts	13 Whole Wheat Bagel Fruit Salad	14 Blueberry Muffins Homemade Applesauce	15 Autumn Apple Salad with Oats
18 Blueberry Muffins Oranges	19 Coconut Oatmeal and Warm Apples	20 Wheat Cranberry Coffee Cake Grapes	21 Good Morning Gorp	22 English Muffin Blueberry Smoothie
25 Raisin Bread Fruit Salad	26 Whole Wheat Pancakes Fall Fruit	27 Steel Cut Oats Strawberries	28 HAPPY THANKSGIVING  CENTER CLOSED	29 HAPPY THANKSGIVING  CENTER 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.

