

OCTOBER 2014 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast Cookies with Dried Mixed Fruit	2 Cinnamon Apple Granola Yogurt Parfaits	3 Bagel with Cream Cheese Watermelon
6 Cheerios Fruit Sorbet	7 Turkey Sausage Breakfast Casserole Watermelon	8 Fruit Pizza on a Bagel	9 Banana Bread Fresh Grapes	10 English Muffin Apples with Whipped Peanut Butter
13 Blueberry Muffin Honeydew	14 Whole Wheat Waffles Peaches	15 Raisin Bran Cantaloupe	16 Country Cottage Cheese with English Muffin	17 Cranberry Bread Sliced Apples
20 Good Morning Gorp	21 Egg and Cheese English Muffin Pluots	22 Strawberry Breakfast Muffin Sliced Grapes	23 Bagel with Peanut Butter Autumn Apple Salad	24 Zucchini Bread Honeydew and Blueberries
27 Oatmeal Squares Orange Slices	28 Apple Cinnamon Pancakes Strawberry Banana Smoothie	29 Pumpkin Bread Sliced Grapes	30 Coconut Rice Cereal with Warm Apples	31 Cinnamon Cranberry Wheat Squares Watermelon

*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.