

# OCTOBER 2013 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pumpkin Pancakes Fruit Salad	2 Good Morning Gorp	3 Cottage Cheese Cantaloupe English Muffin	4 Blueberry Muffins Apple Slices
7 Bran Flakes Craisins	8 Oatmeal Fruit Bake	9 Peanut Butter Banana Wrap	10 Toasted Wheat Bagels Cream Cheese Blueberry Smoothie	11 Fruit Yogurt Granola Parfait
14 Oatmeal Squares Melon	15 Wheat Waffle Fruit Salad	16 Homemade Cinnamon Raisin Applesauce Bread	17 Banana Bread Grapes	18 Cranberry Nut Bread Peach Smoothie
21 Lemon Blueberry Scones Oranges	22 Eggs in a Hole Fall Fruit	23 Zucchini Bread Apple Slices	24 Raspberry Crunch Muffin Fruit Salad	25 Pumpkin Raisin Scones Pineapple
28 Apple Nut Muffins Grapes	29 Steel Cut Oats with Banana	30 Cinnamon Wheat Coffee Cake Pears	31 English Muffin with Whipped Peanut Butter Apples	

\*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.

