

SEPTEMBER 2014 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	2 Quick Farina with Dried Apricots	3 Bagel with Peanut Butter Cantaloupe Pieces	4 Fruit & Granola Yogurt Parfaits	5 Raspberry Crunch Muffins Fruit Salad
8 Cinnamon, Wheat, Corn Chez Medley Nectarines	9 Eggs in a Basket Mixed Berries	10 Oatmeal Cereal Squares Peaches	11 Cottage Cheese with Spiced Apple Sauce Raisin Bread	12 Cinnamon Wheat Coffee Cake Honeydew
15 Peanut Butter- Banana-Berry Wrap	16 Coconut Rice Cereal Pink Lady Apples	17 Zucchini Bread Seasonal Fruit	18 Morning Glory Muffins Red & Green Grapes	19 Rice Krispies Watermelon
22 Banana Bread Pluots	23 Egg & Veggie Scramble Toast with Fresh Fruit Preserves	24 Autumn Apple Salad Honey Muffin	25 Cranberry Bread Strawberry Banana Smoothie	26 Steel Cut Oats with Bananas and Blueberries
29 Good Morning Gorp	30 Pumpkin Pancakes			

*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.