

SEPTEMBER 2013 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 3 Egg and Cheese Muffin Wildberry Smoothie	4 Rice Krispie Cereal Watermelon	5 Cranberry Nut Bread Fresh Fruit	6 Wheat Bagels w/ Peanut Butter Fruit Salad	
9 Good Morning Gorp	10 Pumpkin Pancakes Fresh Fruit	11 Apple Crumb Bread Cinnamon Apples	12 Carrot Bread Fruit Salad	13 Blueberry Muffin Cantaloupe
16 Oatmeal Squares Grapes	17 Farina w/ Dried Apricots and Almonds	18 Banana Flex Muffin Watermelon	19 Zucchini Bread Fresh Fruit	20 Pumpkin Oatmeal Muffins Cantaloupe
23 Autumn Apple Salad Honey Muffin	24 Coconut Rice Cereal w/ Dried Papaya	25 Bran Flakes w/ Crasins	26 Yogurt, Fruit Granola Parfaits	27 Steel Cut Oats w/ Blueberries and Bananas
30 Morning Glory Muffin Fruit Salad				

*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.