

APRIL 2013 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Lemon Blueberry Scones and Raisins with Toasted Almonds	2 Eggs in a Hole Spring Fruit	3 Oatmeal Squares and Cantaloupe	4 English Muffin with Whipped Peanut Butter Banana	5 Steel Cut Oats with Apricots
8 Raisin Bread and Cottage Cheese Cinnamon Apples	9 Good Morning Gorp	10 Whole Wheat Banana Bread and Oranges	11 Veggie and Cheese Eggs and Wheat Toast	12 Pumpkin Raisins Scones and Pineapple
15 Farina with Dried Fruit Medley	16 Autumn Apple Salad English Muffin	17 Blueberry Muffin Orange Slices	18 Zucchini Bread Apple Slices	19 Cranberry Nut Bread Peach Smoothie
22 Strawberry Scones Cantaloupe	23 Bran Flakes with Craisins®	24 Fruit Granola Yogurt Parfait	25 Banana Flax Muffin Blueberry Muffin	26 Nutri-Grain® Waffles Grapes
29 Apple Nut Muffins Grapes	30 Rice Cakes with Honey Peanut Butter and Bananas			

*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.

