


AUGUST 2012 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Raspberry Crunch Muffin with Melon	2 Whole Wheat Pancakes and Blackberries	3 Lemon Blueberry Scones and Watermelon
6 Oatmeal Squares and Bananas	7 Yogurt with Fresh Berries and Honey Health Muffins	8 Blueberry Muffin and Kiwi	9 English Muffin Stacker with Hard Boiled Egg, Tomato and Cheese with Plums	10 Mini Bagels with Peanut Butter and Honey with Mango
13 Multi Grain Cheerios® and Grapefruit Wedges	14 Mini Vegetarian Quiche and Apple Slices	15 Fruit, Yogurt and Granola Parfait	16 Cream of the West Cereal and Cantaloupe	17 Whole Wheat Pitas, Scrambled Eggs, Peppers and Cheese, with Fresh Fruit Salsa
20 Oatmeal Topped with Honey Drizzle and Raspberries	21 Whole Wheat Raisin Bread and Strawberries	22 Good Morning Gorp and Pluots	23 Fruit Pizza	24 Broccoli and Cheese Scrambled Eggs, Turkey Sausage and Whole Wheat Toast
27 Whole Wheat Flax Seed and Banana Muffin with Apricots	28 Rice Cakes with Diced Tomato and Cucumbers	29 Bran Flakes with Red and Green Grapes	30 On the Go Peanut Butter and Berry Wrap	31 Egg Bake with Tomatoes and Swiss Cheese, Raspberry Yo- nana

*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.