


# August 2013 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Catering</b> for a Cause</p>			1 Rice Krispies Cereal® and watermelon	2 Cranberry Nut Bread and Fresh Fruit
5 Wheat Bagels w/ Peanut Butter and Fruit Salad	6 Egg & Cheese Muffin and Cantaloupe	7 Apple Muffins and Summer Fruit	8 Oatmeal Squares and Grapes	9 Carrot Bread and Watermelon
12 Oatmeal Raisin Bars	13 Cranberry Orange Pancakes and Grapefruit	14 Banana Bread and Orange Slices	15 Raisin Bread and Honey Dew	16 Fruit, Yogurt & Granola Parfaits
19 Raspberry Wheat Scones and Fruit Salad	20 Wheat Waffles and Peach Smoothie	21 Morning Glory Muffins and Pineapple	22 Steel Cut Oats with Cinnamon Apples	23 Strawberry Scones and Summer Fruit
26 Cranberry Orange Scones and Raisins w/ Almonds	27 Oatmeal w/ Fresh Fruit	28 Blueberry Muffin and Honey Dew	29 English Muffin w/ Apple Butter and Watermelon	30 Pumpkin Oatmeal Muffins and Melon Melody

\*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.