


APRIL 2012 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Raisin Bran Cereal with Mango and Strawberry Salad	3 Country Cottage Cheese, Whole Wheat English Muffin and Oranges	4 Egg White, Cherry Tomato, Turkey Bacon Skillet on a Toasted Bagel with Kiwi	5 Zucchini Bread and Dried Fruit Medley with Nuts	6 Pigs in a Blanket (Turkey Sausage and Whole Wheat Pancakes) and Grapes
9 Rice Krispies Cereal with Frozen Cantaloupe Pops	10 On The Go Peanut Butter and Low Sugar Jelly with Banana Wraps and Banana Slices	11 Strawberry Breakfast Parfait with Whole Wheat Toast	12 Whole Wheat Egg and Cheese Muffin with Fruit Salad	13 Breakfast Couscous with Dried Fruit Compote and Mandarin Oranges
16 Carrot Muffins and Honey Dew Melon	17 Whole Wheat Breakfast Burrito with Salsa and Strawberry Slices with Honey Drizzle	18 Cranberry Nut Bread with Honey Cream Cheese and Grapefruit Wedges	19 Egg Salad Stuffed Tomatoes, Whole Wheat Toast and Fruit Kabobs	20 Whole Grain Breakfast Bars with Carrot and Yogurt Fruit Mix
23 Cranberry Orange Scones with Banana Slices	24 Honey-Lime Fruit Toss with Peanut Butter and Honey Whole Wheat Wrap	25 Huevos Rancheros Wrap with Fruit Salsa and Cinnamon Whole Wheat Chips	26 Apple Cranberry Spice Muffin with Fruit and Yogurt Smoothies	27 Veggie and Cheese Omelet (Tomatoes, Peppers, Onions), a Mini Bagel with a Berry Medley
30 Bran Cereal with Hawaiian Banana				 <p>Catering for a Cause</p>

*All fruits and vegetables are fresh. Any grain will 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 will be low fat or fat free. All snacks served with water unless otherwise noted.