


DECEMBER 2012 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Blueberry Muffin with Raisins and Almonds	4 Oatmeal Squares and Banana	5 Whole Wheat Raisin Bread and Fruit Salad	6 Pumpkin Pancakes with Grapes	7 English Muffins and Berry Smoothies
10 Bran Flakes with Craisins® and Diced Apples	11 Breakfast Burritos (Egg, Cheese, Salsa) and Fruit Salad	12 Cold Steel Cut Oats with Bananas and Walnuts	13 Yogurt, Cream Cheese and Fruit Breakfast Pizza on a Bagel	14 Farina with Apricots and Almonds
17 Nutri-Grain® Waffles and Pineapple	18 Strawberry Orange Muffins and Fresh Fruit	19 Good Morning Gorp	20 Egg and Cheese Muffin with Fruit Salad	21 Blueberry Banana Oatmeal with Walnuts
24 CHRISTMAS EVE CENTER CLOSED	25 MERRY CHRISTMAS! CENTER CLOSED	26 Peanut Butter and Banana Wrap with Craisins®	27 Raspberry Crunch Muffins and Fruit Salad	28 Eggs in a Basket with Pineapple
31 Zucchini Bread with Apple Slices and Whipped Honey Peanut Butter				

*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.