

FEBRUARY 2013 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Blueberry Muffin and Grapefruit Slices
4 Oatmeal Squares and Mandarin Oranges	5 Apple Cinnamon Pancakes and Fresh Fruit	6 Raisin Bread and Grapes	7 Steel Cut Oats with Bananas	8 Blueberry Smoothie, Whole Wheat Bread with Whipped Peanut Butter
11 Peach Muffin and Fresh Fruit	12 Fruit Pizza on a Bagel	13 Whole Wheat Toast, Cottage Cheese and Mandarin Oranges	14 Autumn Apple Sauce and English Muffins	15 Breakfast Polenta with Berry Medley
18 Pumpkin Pancakes and Fresh Fruit Salad	19 Fruit, Yogurt, Granola Parfait	20 Banana Flax Muffin and Orange Slices	21 Nutri-Grain® Waffles with Kiwi Slices	22 Lemon Blueberry Scones and Grapefruit
25 Farina and Dried Fruit Medley	26 Zucchini Bread and Pineapple	27 Raspberry Crunch Muffin with Fresh Fruit Salad	28 Whole Wheat Bagel with Cream Cheese, Cucumber and Tomato	

*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.

