


JANUARY 2013 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 HAPPY NEW YEAR! CENTER CLOSED	2 Lemon Blueberry Scones and Grapefruit	3 Oatmeal and Fresh Fruit	4 Strawberry Orange Muffin and Apple Slices
7 Zucchini Bread and Dried Fruit Medley	8 Good Morning Gorp	9 Pumpkin Raisin Scones and Pineapple	10 English Muffin with Whipped Peanut Butter and Banana	11 Eggs in a Basket and Fresh Fruit
14 Whole Wheat Banana Bread and Orange Slices	15 Quick Farina and Dried Fruit Medley	16 Coconut Rice Cereal and Grapes	17 Autumn Apple Salad with English Muffins	18 Veggie & Cheese Omelets and Whole Wheat Bread
21 Raspberry Crunch Muffins and Fresh Fruit Salad	22 Whole Wheat Bagel with Cream Cheese, Tomato and Cucumber	23 Raisin Bread, Cottage Cheese and Cinnamon Apples	24 Yogurt, Granola and Fresh Fruit Parfaits	25 Whole Wheat Pancakes and Bananas
28 Blueberry Banana Nut Bread and Pineapple	29 Cold Steel Cut Oats with Bananas	30 Blueberry Muffin and Orange Slices	31 Cranberry Nut Bread and Blueberry Smoothies	

*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.