

# JANUARY 2012 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16 Multi Grain Cheerios® Fresh apple slices sprinkled with cinnamon	17 Confetti Eggs – fresh red & green peppers, 2% milk cheese Sliced fresh grapes Whole wheat toast	18 Homemade whole grain blueberry muffin Fresh honeydew melon	19 Fresh berry and lowfat granola yogurt parfait	20 Whole wheat French toast sticks Syrup Fresh mango slices
23 Raisin Bran® cereal Banana	24 Whole wheat pancakes Syrup Fresh cantaloupe	25 Oatmeal topped with fresh fruit smiley face and honey drizzle	26 Reduced fat blueberry cornbread cake Fresh kiwi slices	27 Strawberry banana yogurt smoothie Whole wheat toast
30 Whole wheat banana muffin Fresh fruit medley	31 Good-morning gorp Fresh strawberries	1 Egg white, cherry tomato & reduced fat sausage skillet Toasted bagel halves Fresh kiwi	2 Frosted Mini-Wheats® cereal Fresh pear	3 Fresh fruit breakfast pizza

***All breakfasts served with milk.***