


JULY 2012 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Bran Flakes and Bananas	3 Fresh Fruit Breakfast Pizza	4 Closed for 4 th of July God Bless America!	5 Whole Wheat Blueberry Muffin with Sliced Grapes	6 Lemon Blueberry Scones and Watermelon
9 Rice Cakes with Peanut Butter, Honey and Bananas	10 Yogurt with Fresh Fruit and Honey Health Muffins	11 Mini Bagels and Cream Cheese with Mango	12 English Muffin Stacker with Hard Boiled Egg, Tomato and Cheese with Kiwi Slices	13 Raspberry Crunch Muffins and Melon Pieces
16 Cream of Wheat with Honey, Raisins and Cinnamon with Melon Medley	17 Ground Turkey and Tomato, Egg-White Mini Quiche Cups with Blueberry Yo-Nanas	18 Fruit, Yogurt and Granola Parfait	19 Whole Wheat Pancakes, Syrup for Dipping and Blueberry Smiley Faces	20 Whole Wheat Pitas, Scrambled Eggs, Peppers and Cheese, with Fresh Fruit Salad
23 Oatmeal Topped with Raspberry "Letters" and Honey Drizzle	24 Whole Wheat Raisin Bread with Apple Butter and Strawberries	25 Good Morning Gorp and Pluots	26 Multi Grain Cheerios® and Grapefruit Wedges	27 Broccoli and Cheese Scrambled Eggs, Turkey Sausage and Whole Wheat Toast
30 Whole Wheat Flax Seed and Banana Muffin with Pineapple	31 Tomato, Cucumbers and Cheese Wrap			 <p>Catering for a Cause</p>

*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.