


JUNE 2012 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Catering for a Cause</p>				1 Apple Cinnamon Scones and Watermelon Pieces
4 Frosted Mini-Wheats® with Banana Slices	5 Country Cottage Cheese with Whole Wheat Toasted English Muffins and Oranges	6 Healthy Whole Wheat Zucchini Bread with Dried Fruit and Nut Medley	7 Egg White, Tomato, and Turkey Bacon Skillet on a Toasted Bagel with Kiwi Slices	8 Pigs in a Blanket with Grape Slices
11 Rice Krispies® and Frozen Cantaloupe Pops	12 On the Go Peanut Butter and Jelly with Banana Wraps	13 Cranberry-Nut Bread with Honey-Cream Cheese and Grapefruit Wedges	14 Whole Wheat Egg and Cheese Muffin with Fruit Salad	15 Breakfast Couscous with Dried Fruit Compote and Oranges
18 Whole Wheat Carrot Muffins with Honeydew Cubes	19 Strawberry Breakfast Parfaits with Whole Wheat Toast	20 Whole Grain Breakfast Bars with a Yogurt and Fruit Mix	21 Egg Salad Stuffed Tomatoes with Wheat Toast and Fruit Kabobs	22 Whole Wheat Breakfast Burrito with Fresh Salsa and Strawberries
25 Blueberry Lemon Scones with Bananas and Pecans	26 Honey-Lime Fruit Toss with Peanut Butter and Honey Wheat Pitas	27 Apple Spice Muffins with Fruit and Yogurt Smoothies	28 Huevos Rancheros Strawberries and Kiwi	29 Veggie and Cheese Omelets, Mini Bagels and Mixed Fruit

*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.