

MARCH 2013 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Egg & Cheese English Muffin with Pears
4 Blueberry Muffin with Almonds and Raisins	5 Oatmeal Squares and Pluots	6 Raisin Bread with Fresh Fruit Salad	7 English Muffin with Peanut Butter and Banana Smoothie	8 Pumpkin Pancakes with Grapes
11 Cranberry Nut Bread with Apples Slices	12 Fruit Pizza on a Bagel	13 Baked Apple & Cinnamon Steel Cut Oats	14 Pumpkin Raisin Scones and Cantaloupe	15 Breakfast Burritos (Eggs, Turkey Sausage, Cheese & Salsa) with Fresh Fruit Salad
18 Strawberry Orange Muffin with Fresh Fruit	19 Autumn Apple Salad with English Muffins	20 Homemade Oatmeal Breakfast Bars and Pluots	21 Zucchini Bread and Apples Slices	22 Blueberry Banana Nut Oatmeal
25 Peanut Butter & Banana Wrap with Craisins	26 Fruit, Yogurt and Granola Parfait	27 Good Morning Gorp	28 Peach Smoothie with Honey Muffin	28 Coconut Rice Cereal with Fresh 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.