

MAY 2012 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Whole Wheat Blueberry Muffin with Homemade Apple Puree	2 Hard Boiled Egg, Whole Wheat Toast and Kiwi Slices	3 Raisin Bran Cereal and Bananas	4 Strawberry Scones & Mandarin Oranges
7 Whole Wheat Pita's with Scrambled Eggs, Peppers and Cheese, Fresh Fruit Salad	8 Yogurt Honey Healthy Muffins and Frozen Berry Puree	9 Mini Bagels with Peanut Butter and Honey, Grapefruit Wedges	10 Whole Wheat Pancakes, Syrup for Dipping and Apple Slices	11 Oatmeal with Dried Fruits and Almonds
14 Multi-Grain Cheerios and Banana	15 Vegetarian Quiche with Mixed Fruit	16 Raspberry Crunch Muffin and Melon Pieces	17 Whole Wheat Breakfast Pizza (English Muffin, Hard Boiled Egg, Tomato, and Cheese) Kiwi Slices	18 Rice Cakes w/ Peanut Butter, Honey, Bananas, & Pecans
21 Fruit, Yogurt & Granola Parfait	22 Whole Wheat Raisin Bread w/Apple Butter,	23 Good Morning Gorp and Carrot Sticks	24 Cream of Wheat w/ Honey, Raisins, and Cinnamon Melon Medley	25 Broccoli & Cheese Scrambled Eggs, Turkey Sausage and Whole Wheat Toast
28 CLOSED FOR MEMORIAL DAY	29 Whole Wheat Flax Seed Banana Muffins with Mango Pieces	30 Mini-Bagels with Sliced Tomatoes, Cucumbers, & Cheese	31 Frosted Oatmeal Squares and with Fruit Kabobs	

*All fruits and vegetables are fresh. Any grain will 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 will be low fat or fat free. All meals served with milk.