

MAY 2013 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Blueberry Muffin and Grapefruit Slices	2 Oatmeal Squares and Honeydew	3 Steel Cut Oats with Banana
6 Cranberry Nut Bread and Peach Smoothie	7 Pumpkin Pancakes and Fruit Salad	8 Lemon Blueberry Scones and Mandarin Oranges	9 Homemade Cinnamon Applesauce and Raisin Bread	10 Cottage Cheese, Cantaloupe and English Muffin
13 Banana Flax Muffin and Orange Slices	14 Zucchini Bread and Pineapple	15 Baked Oatmeal Breakfast Bars with Dried Fruit	16 Toasted Wheat Bagel with Cheese Blueberry Smoothie	17 Fresh Fruit and Yogurt Parfait with Granola
20 Bran Flakes with Craisins®	21 Wheat Waffle and Apple Slices	22 Raspberry Crunch Muffin and Fruit Salad	23 Cinnamon Wheat Coffee Cake and Pineapple	24 Peanut Butter Wrap
27 Closed For Memorial Day	28 Apple Cinnamon Pancakes and Grapefruit	29 Oatmeal Squares and Melon Duo	30 Blueberry Muffins and Apple Slices	31 Banana Bread and Grapes

*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.