

# NOVEMBER 2012 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Catering</b> <i>for a Cause</i>			1 Blueberry Muffin with Grapefruit Slices	2 Oatmeal Squares and Bananas
5 Banana Flax Seed Muffin with Fruit Salad	6 Whole Wheat Raisin Bread with Grapes	7 Apple Cinnamon Pancakes and Fall Fruit	8 Blueberry Smoothie, Whole Wheat Bread with Whipped Honey & Peanut Butter	9 Bran Flakes and Craisins
12 Peach Muffins and Fall Fruit	13 Pumpkin Pancakes and Grapefruit Slices	14 Fruit Pizza on a Bagel (Yogurt, Cream Cheese and Fruit)	15 Breakfast Polenta with Berry Medley	16 Breakfast Burritos (Eggs, Turkey Sausage & Cheese with Salsa) and Pluots
19 Farina Cereal with Apricots and Almonds	20 Autumn Apple Salad with English Muffins	21 Nutri-Grain Waffles with Syrup, Pineapple and Kiwi Slices	22 HAPPY THANKSGIVING!  CENTER CLOSED	23 HAPPY THANKSGIVING!  CENTER CLOSED
26 Strawberry Orange Muffins and Pluots	27 Eggs in a Basket with Fall Fruit	28 Oatmeal with Blueberries, Bananas and Walnuts	29 Fruit, Granola and Yogurt Parfait	30 Egg and Cheese Muffin with Pineapple

\*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.