


# OCTOBER 2012 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Peanut Butter and Banana Wrap with Craisins	2 Strawberry Orange Muffin with Pineapple	3 Breakfast Burrito with Egg, Turkey Bacon, Cheese and Salsa with Watermelon	4 Oatmeal and Fresh Fruit Salad	5 NutriGrain® Waffles with Syrup and Fruit Kabobs
8 Zucchini Bread and Dried Fruit Medley	9 Eggs in a Basket and Cantaloupe	10 Pumpkin Raisin Scones with Pineapple	11 Strawberry-Banana Breakfast Smoothie and Good Morning Gorp	12 English Muffins with Fresh Fruit Preserves, Melon Medley
15 Whole Wheat Banana Bread and Orange Slices	16 Breakfast Quinoa and Berry Medley	17 Autumn Apple Salad and English Muffins	18 Veggie & Cheese Omelets, Whole Wheat Raisin Bread and Fruit Salad	19 Coconut Rice Cereal and Strawberries
22 Whole Wheat Toast, Cottage Cheese and Cantaloupe	23 Pumpkin Pancakes, Turkey Sausage and Kiwi	24 Whole Wheat Bagel and Cream Cheese with Cucumber and Tomato	25 Raspberry Crunch Muffins and Fresh Fruit Salad	26 Farina with Apricots and Almonds
29 Fresh Fruit, Yogurt and Granola Parfaits	30 Apple Cinnamon Pancakes and Fall Fruit	31 Good Morning Banana Nut Cereal (Quinoa, Oatmeal, Oat Bran, Walnuts and Bananas) with Strawberries		 <p><b>Catering</b> for a Cause</p>

\*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.