


# SEPTEMBER 2012 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Closed for Labor Day Have a Great Holiday!	4 Apple Cinnamon Pancakes with Pineapple	5 Lemon Blueberry Scones and Kiwi	6 Pigs in a Blanket (Whole Wheat Pancakes Around Turkey Sausage) and Grapes	7 Egg Salad Stuffed Tomatoes and Wheat Toast with Watermelon
10 Pumpkin Raisin Scones and Pineapple	11 Veggie and Cheese Omelet's, Bagels and Fruit Salad	12 Cranberry Nut Bread with Cream Cheese and Honeydew	13 Breakfast Couscous with Dried Fruit Compote and Strawberries	14 Peanut Butter and Honey Wrap with Fruit Toss
17 Egg in a Basket and Pears	18 Coconut Rice Cereal and Apricots	19 Egg & Cheese on English Muffin and Watermelon	20 Whole Wheat Banana Bread and Dried Cranberries	21 Pumpkin Pancakes and Peaches
24 Rice Krispies® and Cantaloupe	25 Zucchini Bread with Dried Fruit Medley	26 Whole Wheat Toast with Peaches and Cottage Cheese	27 Autumn Apple Salad and English Muffins	28 Good Morning Banana Nut Cereal and Honeydew
				

\*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.