

Spring 2012 Breakfast Menu

Menus are subject to change without notice.

Week One				
CC/oatmeal granola bar Yogurt cup Fruit choice Milk	Cinn. Glazed French toast sticks Sausage link or patty Fruit choice Milk	WG Pancake on a stick Fruit choice Milk	Oatmeal w/toppings WG Muffin, variety Juice Milk	Scrambled egg patty Wheat cinnamon toast Fruit choice Milk

Week Two				
Breakfast pizza Fruit choice Milk	Breakfast sandwich Juice Milk	Maple waffle Yogurt Fresh fruit Milk	Cinnamon tastry Fruit choice Milk	Pillsbury WG mini-pancakes Juice Milk

Week Three				
CC/oatmeal granola bar Yogurt cup Fruit choice Milk	Cinn. Glazed French toast sticks Sausage link or patty Fruit choice Milk	WG Pancake on a stick Fruit choice Milk	Oatmeal w/toppings WG Muffin, variety Juice Milk	Scrambled egg patty Wheat cinnamon toast Fruit choice Milk

Week Four				
Breakfast pizza Fruit choice Milk	Breakfast sandwich Juice Milk	Maple waffle Yogurt Fresh fruit Milk	Cinnamon tastry Fruit choice Milk	Pillsbury WG mini-pancakes Juice Milk

Offered daily: cold cereal choices, wheat toast, milk, fruit choices and 100% fruit juice.



Simple Breakfast Ideas:

- *Banana with peanut butter
- *Banana sliced into yogurt
- *Oatmeal with fruit-like apples, peaches, berries
- *Tortilla with peanut butter and any fruit
- *Breakfast smoothies-berries, milk, yogurt, ice

8 Good-Tasting and Healthy Breakfast Cereals: Sandra Affenito, PhD, RD

1. Post Grape-Nuts Trail Mix Crunch
2. Fiber One Bran Cereal
3. Fiber One Honey Clusters
4. Quaker Oat Squares
5. Shredded Wheat
6. Frosted Mini Wheats
7. Raisin Bran
8. Kashi Heart to Heart Honey Toasted Oats