



FOUR WEEK ROTATING BREAKFAST MENU

Week 1

Colby Cheese Omelet, 2.1 oz
Maple Cinnamon Pancakes (2)
Strawberries 1/2 cup
Orange Juice, 4 oz
Milk, 8oz.

Fried Egg & Blueberry Pancakes
Turkey Sausage Patty, 1 oz
Orange, 1 piece
Pineapple orange Juice 4oz.
Milk, 8oz.

Beef Sausage WG Bun, 3.3oz
Granny Smith apples 1/2 cup
Orange Juice 4oz.
Fat Free Yogurt 4oz.
Milk, 8oz.

Cinnamon French Toast, 3.25 oz
Turkey Sausage Patty, 1 oz
Apple, 1 piece
Cranberry Juice, 4 oz
Milk, 8oz.

Hard Boiled Eggs (2)
Whole Grain Waffles (2)
Peaches, 1/2 cup
Applesauce, 4oz.
Orange-Pineapple Juice, 4 oz
Milk, 8oz.

Turkey Sausage Patty, 1 oz
Mozzarella Stick, 1 piece
Raisins, 1 box
Flavored Muffin, 2.5 oz
Cranberry Juice, 4 oz
Milk, 8oz.

Cottage Cheese 1/2 cup
Bread, 2 slices
Banana, 1 piece
Sausage Patty, 1 oz
Grape Juice, 4 oz.
Milk, 8oz.

Week 2

Hard Boiled Eggs, (2)
Oatmeal, 1 packet
Bread, 1 slice
Orange, one piece
Strawberries 1/2 cup
Milk, 8oz.

Maple Pancake Ch Saus, 2.5oz
Banana
Grape Juice, 4 oz.
Bread, 1 slice
Milk, 8oz.

Fried Egg Patties
Turkey Sausage Patty, 1 oz
Raisins, 1 box
Orange Pineapple Juice 4 oz.
Bread, 2 slices
Milk, 8oz.

Cinnamon French Toast, 3 oz
Turkey Sausage Patty, 1 oz
Apple, 1 piece
Apple Juice 4oz.
Milk, 8oz.

Cheddar Cheese, 1 slice
Turkey Sausage Patty, 1 oz
Flavored muffin, 2.5 oz.
Raisins, 1 box
Cranberry Juice, 4 oz
Milk, 8oz.

Ham & Cheese Frittata
Sweet Potato Pancake (2)
Applesauce, 4 oz
Orange Juice, 4 oz
Milk, 8oz.

Egg & Cheese English Muffin
Apple Juice, 4 oz,
Berry mix 1/2 cup
Milk, 8oz.

Week 3

Turkey Sausage Frittata, 2.2 oz
Turkey Sausage Patty, 1 oz
Flavored Muffin, 2.5 oz
Banana, 1 piece
Apple Juice 4 oz.
Milk, 8oz.

Cinnamon French Toast, 3.25 oz
String Cheese 1 piece
Pineapple, 1/2 cup
Apple, 1 piece
Milk, 8oz.

Ham, Veggie, Cheese Omelet
Maple Cinnamon Pancakes
Strawberries 1/2 cup
Grape Juice 4 oz.
Milk, 8oz.

Blueberry Bagel Cr Cheese 2.5 Oz.
Oatmeal, 1 packet
Orange, 1 piece
Orange Juice, 4 oz
Milk, 8oz.

Hard Boiled Eggs (2)
Whole Grain Waffles (2)
Hashbrown, 1 patty
Peaches, 1/2 cup
Milk, 8oz.

Breakfast Taco, 3.2 oz
Turkey Sausage Patty, 1 oz
Bread, 1 slice
Applesauce, 4 oz
Cranberry Juice, 4 oz
Milk, 8oz.

Fried Egg & Blueberry Pancakes
Raisins, 1 box
Orange Juice, 4 oz
Milk, 8oz.

Week 4

Hard Boiled Eggs, (2)
Apple, 1 piece
Bread, 2 slices
Orange Juice 4 oz.
Milk, 8oz.

Turkey Sausage Frittata, 2.2 oz
Oatmeal, 1 packet
Bread, 1 slice
Raisins, 1 box
Grape Juice 4oz.
Milk, 8oz.

Colby Cheese Omelet, 2.1 oz
Sweet Potato Pancakes (2)
Applesauce, 4 oz
Orange, 1 piece
Milk, 8oz.

Mediterranean Chia Stuffer 4.5oz
Granny Smith Apples 1/2 cup
Cranberry Juice, 4 oz
Milk, 8oz.

Cinnamon French Toast, 3.25 oz
Turkey Sausage Patty, 1 oz
Strawberries 1/2 cup
Banana, 1 piece
Milk, 8oz.

Fried Egg Patties
Turkey Sausage Patty, 1 oz
Orange 1 piece
Peaches, 1/2 cup
Bread, 2 slices
Milk, 8oz.

Biscuit with Chik Sausage, 2.2 oz
Raisins 1 box
Oatmeal, 1 packet
String Cheese 1 piece
Orange Pineapple Juice, 4oz.
Milk, 8oz.

NOTE: The juices will contain the required RDA for Vitamin C - All juices are 100% Natural and Unsweetened