



FOUR WEEK ROTATING BREAKFAST MENU

Week 1

Colby Cheese Omelet, 2.1 oz
 Maple Cinnamon Pancakes, 2.6 oz
 Strawberries 1/2 cup
 Clementine, 1 piece
 Milk, 8oz.

Fried Egg & Blue Pancake, 4.6 oz
 Turkey Sausage Patty, 1 oz
 Orange, 1 piece
 Pineapple orange Juice 4oz.
 Milk, 8oz.

Beef Sausage WG Bun, 3.3oz
 Banana, 1 piece
 Orange Juice 4oz.
 Fat Free Yogurt 4oz.
 Milk, 8oz.

Sunrise Souffle 4.6oz.
 Bread, 1 slice
 Apple, 1 piece
 Cranberry Juice, 4 oz
 Milk, 8oz.

Hard Boiled Eggs (2)
 WG Waffles, 2.6 oz
 Peaches, 1/2 cup
 Applesauce, 4oz.
 Milk, 8oz.

Turkey Sausage Patty, 1 oz
Jack Cheese Cubes 1oz.
 Raisins, 1 box
 Banana Muffin, 2 oz
 Cranberry Juice, 4 oz
 Milk, 8oz.

Cottage Cheese 1/2 cup
 Bread, 2 slices
 Granny Smith Apples 1/2 cup
 Sausage Patty, 1 oz
 Grape Juice, 4 oz.
 Milk, 8oz.

Week 2

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

Pancake & Sausage Sand 3.5 oz
 Banana, 1 piece
 Grape Juice, 4 oz.
 Bread, 1 slice
 Milk, 8oz.

Fried Egg Patties, 3.5 oz
 Bread, 2 slices
 Raisins, 1 box
 Clementine, 1 piece
 Milk, 8oz.

Cinnamon French Toast, 2.9 oz
 Turkey Sausage Patty, 1 oz
 Apple, 1 piece
 Fat Free Yogurt 4 oz.
 Apple Juice 4oz.
 Milk, 8oz.

Cheddar Cheese, .75 oz
 Turkey Sausage Patty, 1 oz
 Blueberry Muffin, 2 oz
 Raisins, 1 box
 Cranberry Juice, 4 oz
 Milk, 8oz.

Ham & Cheese Frittata, 3oz
 Sweet Potato Pancake, 2.6 oz
 Applesauce, 4 oz
 Orange Juice, 4 oz
 Milk, 8oz.

Egg & Cheese Muffin, 3.25 oz
 Apple Juice, 4 oz
 Berry mix 1/2 cup
 Milk, 8oz.

Week 3

Turkey Sausage Frittata, 2.2 oz
 Turkey Sausage Patty, 1 oz
 Apple Muffin, 2 oz
 Banana, 1 piece
 Apple Juice 4 oz.
 Milk, 8oz.

Cinnamon French Toast, 2.9 oz
 Jack Cheese Cubes 1oz.
 Pineapple, 1/2 cup
 Apple, 1 piece
 Milk, 8oz.

Ham&Veggie Ch Frittata, 3 oz
 Maple Cinn Pancakes, 2.6 oz
 Strawberries 1/2 cup
 Grape Juice 4 oz.
 Milk, 8oz.

Blueberry Bagel w/Cream Ch 3 oz
 Cream of Wheat, 1 packet
 Orange, 1 piece
 Orange Juice, 4 oz
 Milk, 8oz.

Hard Boiled Eggs (2)
 WG Waffles, 2.6 oz
Clementine, 1 piece
 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 & Blue Pancake, 4.6 oz
 Raisins, 1 box
 Orange Juice, 4 oz
 Milk, 8oz.

Week 4

Hard Boiled Eggs, (2)
 Apple, 1 piece
 Cinnamon Roll, 1.5 oz
 Orange Juice 4 oz.
 Bread, 1 slice
 Milk, 8oz.

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

Colby Cheese Omelet, 2.1 oz
 Sweet Potato Pancake, 2.6 oz
 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, 2.9 oz
 Turkey Sausage Patty, 1 oz
 Strawberries 1/2 cup
 Banana, 1 piece
 Milk, 8oz.

Fried Egg Patties, 3.5 oz
 Bread, 2 slices
 Clementine, 1 piece
 Peaches, 1/2 cup
 Milk, 8oz.

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

* menus subject to change

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

6/18/2018