



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.

WG Breakfast Pizza, 3.2 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
Peaches, 1/2 c
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.

Egg and Cheese Calzone, 4.5 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
Apple Juice, 4 oz.
Milk, 8oz.

Week 4

Hard Boiled Eggs, (2)
Apple, 1 piece
Cinnamon Roll, 1.5 oz
Apple Juice, 4oz
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

2/11/2019