



## 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  
Grape Juice, 4 oz  
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  
Pineapple Orange 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.

Vegetable Stuffer, 4.5 oz  
Peaches, 1/2 cup  
Orange Juice, 4 oz  
Milk, 8oz.

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

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

7/1/2019