



FOUR WEEK ROTATING BREAKFAST MENU

Week 1

Colby Cheese Omelet, 2.1 oz
Strawberries, 1/2 cup
Clementine, 1 piece
Bread, 2 slices
Milk, 8oz.

WG Breakfast Pizza, 3.2 oz.
Oatmeal, 1 packet
Orange, 1 piece
Grape Juice, 4 oz
Milk, 8oz.

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

Oatmeal Heartbar, 1.8 oz
Fried Egg, 1.75 oz
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
Maple Cinnamon Pancakes, 2.5 oz
Granny Smith Apples, 1/2 cup
Pineapple Orange Juice, 4 oz
Milk, 8oz.

Week 2

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

Pancake&Saus Sandwich 2.5 oz
Banana, 1 piece
Grape Juice, 4 oz.
Oatmeal, 1 packet
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
Orange Juice, 4 oz
Milk, 8oz.

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

Cheddar Cheese, .75 oz
Turkey Sausage Patty, 1 oz
WG Honey Biscuit, 2 ea
Applesauce, 4 oz
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

Breakfast Croissant, 4.5 oz
Banana, 1 piece
Orange Juice, 4 oz
Milk, 8oz.

Cinnamon French Toast, 2.9 oz
Jack Cheese Cubes, 1 oz
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
Orange, 1 piece
Apple Juice, 4 oz
Milk, 8oz.

Hard Boiled Eggs (2)
Clementine, 1 piece
Hash Brown, 2 oz
Bread, 2 slices
Milk, 8oz.

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

Blueberry Pancake, 2.6 oz
Fried Egg, 1.75 oz
Raisins, 1 box
Orange Pineapple Juice, 4oz
Milk, 8oz.

Week 4

Cinnamon French Toast, 2.9 oz
Turkey Sausage Patty, 1 oz
Strawberries, 1/2 cup
Banana, 1 piece
Milk, 8oz.

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

Colby Cheese Omelet, 2.1 oz
Strawberry Pancakes, 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.

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

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

Biscuit with Chik Sausage, 2.2 oz
Berry Mix, 1/2 cup
Oatmeal, 1 packet
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

11/30/2019