

June 2018

Breakfast Menu

BREAKFAST



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



Assorted Cereal
Zucchini Spice Bread
Fresh Fruit
Milk
Chilled Juice

4

Assorted Cereal
Bagel w/ Sun Butter/Cream
Cheese
Fresh Fruit
Milk
Chilled Juice

5

Assorted Cereal
Maple Burst Pancakes
Fresh Fruit
Milk
Chilled Juice

6

Assorted Cereal
Fruit Delight Bar
Fresh Fruit
Chilled Juice
Milk

7

Assorted Cereal
Whole Grain Muffin
Fresh Fruit
Milk
Chilled Juice

8

Assorted Cereal
Fruit Delight Bar
Fresh Fruit
Chilled Juice
Milk

11

Assorted Cereal
Bagel w/ Sun Butter/Cream
Cheese
Fresh Fruit
Milk
Chilled Juice

12

Assorted Cereal
Mini Cini Bagel
Fresh Fruit
Milk
Chilled Juice

13

Assorted Cereal
Sausage Egg & Cheese
Breakfast Slider
Fresh Fruit
Milk
Chilled Juice

14

Assorted Cereal
Sweet Potato Cinnamon Roll
Fresh Fruit
Milk
Chilled Juice

15

Assorted Cereal
Whole Grain Muffin
Fresh Fruit
Milk
Chilled Juice

18

Assorted Cereal
Banana Bread
Fresh Fruit
Milk
Chilled Juice

19

Assorted Cereal
Mini Eggo Waffles
Fresh Fruit
Milk
Chilled Juice

20

Assorted Cereal
UBR Breakfast Round
Fresh Fruit
Milk
Chilled Juice

21

22

Have a Wonderful Summer
Vacation!

25

Have a Wonderful Summer
Vacation!

26

Have a Wonderful Summer
Vacation!

27

Have a Wonderful Summer
Vacation!

28

Have a Wonderful Summer
Vacation!

29