

BREAKFAST MENU

*Bread = toast, bagels, muffins, etc.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Oatmeal, Unsweetened Cold Cereal, Yogurt, Fruit, Grain Bread, Juice & Coffee	Corned Beef Hash, Unsweetened Cold Cereal, Fruit, Grain Bread, Breakfast Bar, Juice & Coffee	Scrambled Eggs, Home Fries, Unsweetened Cold Cereal, Fruit, Grain Bread, Juice & Coffee	Sausage Gravy over Grain Bread, Unsweetened Cold Cereal, Fruit, Breakfast Bar, Juice & Coffee	Pancakes with Jam, Unsweetened Cold Cereal, Fruit, Breakfast Bar, Juice & Coffee	Corned Beef Hash over Grain Bread, Unsweetened Cold Cereal, Fruit, Breakfast Bar, Juice & Coffee	Scrambled Eggs, Home Fries, Unsweetened Cold Cereal, Fruit, Grain Bread, Juice & Coffee
8	9	10	11	12	13	14
French Toast, Unsweetened Cold Cereal, Yogurt, Fruit, Grain Bread, Juice & Coffee	Creamed Chipped Beef over Grain Bread, Unsweetened Cold Cereal, Fruit, Juice & Coffee	Scrambled Eggs, Bacon, Unsweetened Cold Cereal, Fruit, Pastry, Juice & Coffee	Oatmeal, Unsweetened Cold Cereal, Yogurt, Fruit, Grain Bread, Juice & Coffee	Pancakes w/Syrup, Unsweetened Cold Cereal, Cottage Cheese, Fruit, Juice & Coffee	Scrambled Eggs, Sausage, Unsweetened Cold Cereal, Fruit, Grain Bread, Juice & Coffee	Bacon, Eggs & Cheese on English Muffin, Unsweetened Cold Cereal, Fruit, Juice & Coffee
15	16	17	18	19	20	21
Oatmeal, Unsweetened Cold Cereal, Yogurt, Fruit, Grain Bread, Juice & Coffee	Sausage Gravy on Muffin, Unsweetened Cold Cereal, Fruit, Breakfast Bar, Juice & Coffee	Creamed Chipped Beef over Grain Bread, Unsweetened Cold Cereal, Fruit, Juice & Coffee	Scrambled Eggs, Bacon, Unsweetened Cold Cereal, Fruit, Grain Bread, Juice & Coffee	Oatmeal, Unsweetened Cold Cereal, Fruit, Bagel & Cream Cheese, Juice & Coffee	Corned Beef Hash, Unsweetened Cold Cereal, Fruit, Juice & Coffee	Scrambled Eggs, Home Fries, Unsweetened Cold Cereal, Fruit, Grain Bread, Juice & Coffee
22	23	24	25	26	27	28
French Toast, Unsweetened Cold Cereal, Yogurt, Fruit, Grain Bread, Juice & Coffee	Oatmeal, Unsweetened Cold Cereal, Fruit, Grain Bread, Breakfast Bar, Juice & Coffee	Scrambled Eggs, Grits, Unsweetened Cold Cereal, Fruit, Grain Bread, Juice & Coffee	Sausage Gravy over Grain Bread, Unsweetened Cold Cereal, Fruit, Breakfast Bar, Juice & Coffee	Waffles with Syrup, Unsweetened Cold Cereal, Fruit, Breakfast Bar, Juice & Coffee	Pancakes with Jam, Unsweetened Cold Cereal, Fruit, Breakfast Bar, Juice & Coffee	Egg Omelet, Unsweetened Cold Cereal, Fruit, Grain Bread, Juice & Coffee
29	30	31				
Pancakes w/Ham, Unsweetened Cold Cereal, Fruit, Juice & Coffee	Chipped Beef over Grain Bread, Unsweetened Cold Cereal, Fruit, Breakfast Bar, Juice & Coffee	Scrambled Eggs, Grits, Unsweetened Cold Cereal, Fruit, Grain Bread, Juice & Coffee				