



**BREAKFAST MENU September 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
Center Closed Labor Day	3 Cottage Cheese (3/4 cup) Egg Frittata with Potatoes and Peas Grits (1 cup) Apple 1% Low Fat Milk Ketchup (1 Tbsp)	4 Cinnamon Whole Wheat French Toast Hard Boiled Egg Wheatena Peach 1% Low Fat Milk Pancake Syrup	5 Apple Pie Oatmeal Corn Muffin (pre-prepared) Scrambled Eggs Banana 1% Low Fat Milk Margarine	6 English Muffin, Whole Wheat Oat Bran Spinach and Mozzarella Frittata Orange 1% Low Fat Milk Grape Jelly Margarine
9 Scrambled Eggs with Swiss Tropical Waffles with Mangoes and Whipped Cream Apple 1% Low Fat Milk Pancake Syrup	10 Cinnamon Citrus Whole Wheat French Toast Squares Hard Boiled Egg Oatmeal (1 cup) Orange 1% Low Fat Milk Pancake Syrup	11 Cinnamon Toast Crunch (Reduced Sugar) Home Fries Scrambled Eggs Peach 1% Low Fat Milk Ketchup (1 Tbsp)	12 Cheerios Cottage Cheese (3/4 cup) Egg and Broccoli Scramble Banana 1% Low Fat Milk Ketchup (1 Tbsp)	13 Bran Flakes Cereal Cheddar and Potato Bake Plum Whole Grain Apple Cinnamon Muffin (pre-prepared) 1% Low Fat Milk Ketchup (1 Tbsp)
16 Egg Whites Instant Maple Flavored Oatmeal (1/2 cup) Pancakes (pre-prepared) Orange 1% Low Fat Milk Margarine Pancake Syrup	17 Multigrain Bread Spinach, Vegetable, and Cheddar Frittata Peach 1% Low Fat Milk Margarine	18 1% Low Fat Milk Pancake Syrup Hard Boiled Egg Oatmeal (1 cup) Plain French Toast (pre-prepared) Banana	19 Apple Pie Oatmeal Cheese Frittata Apple 1% Low Fat Milk Margarine	20 Cheddar and Potato Bake Whole Grain Waffle (pre-prepared) Plum 1% Low Fat Milk Pancake Syrup
23 Egg Whites Oatmeal (1 cup) Tropical Waffles with Mangoes and Whipped Cream Orange 1% Low Fat Milk Pancake Syrup	24 Vegetable Egg Frittata Whole Wheat Blueberry Muffins Peach 1% Low Fat Milk Ketchup (1 Tbsp)	25 Apple Pie Oatmeal Cinnamon French Toast (pre-prepared) Hard Boiled Egg Banana 1% Low Fat Milk Pancake Syrup	26 Cheddar and Potato Bake Multigrain Cheerios Plum 1% Low Fat Milk Ketchup (1 Tbsp)	27 Apple Pancakes Hard Boiled Egg Oat Bran Apple 1% Low Fat Milk Pancake Syrup
30 Egg and Broccoli Scramble Instant Maple Flavored Oatmeal (1/2 cup) Whole Grain Apple Cinnamon Muffin (pre-prepared) Plum 1% Low Fat Milk Ketchup (9g packet)				