

Breakfast Ideas
(Sent in by our providers)

Pat:	Fruit, Juice, Vegetable: Cereal, Bread, Alternate:	Kiwi fruit English Muffins Milk
Kim:	Fruit, Juice, Vegetable: Cereal, Bread, Alternate:	Bananas Pancakes Milk
Anna:	Fruit, Juice, Vegetable: Cereal, Bread, Alternate:	Grapes Muffins Milk
Pam:	Fruit, Juice, Vegetable: Cereal, Bread, Alternate:	Apple Toast Milk
	Extra:	(Bacon, Eggs)
Khurshid	Fruit, Juice, Vegetable Cereal, Bread, Alternate	Peaches French Toast Milk
Mauri	Fruit, Juice, Vegetable: Cereal, Bread, Alternate	Strawberries Cream of wheat Milk
Christina	Fruit, Juice, Vegetable: Cereal, Bread, Alternate:	Orange juice Raisin Bran Milk
Monica	Fruit, Juice, Vegetable Cereal, Bread, Alternate:	Honeydew melon Cheerios Milk
Debbie	Fruit, Juice, Vegetable Cereal, Bread, Alternate	Apricots Biscuits Milk
JoAnn	Fruit, Juice, Vegetable Cereal, Bread, Alternate	Grapes Blueberry Muffin Milk
Gloria	Fruit, Juice, Vegetable Cereal, Bread, Alternate	Fruit Cocktail English Muffin Milk

Other ideas for Breakfast: tortillas, rice, HM veggie soup, Tomato juice, hash browns,