

May

(Breakfast)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1 30	1 Baked plums w/ Oat Crumble & Milk	2 Bran Flakes Milk with organic raisins	3 Whole Wheat Pancakes with orange slices	4 Blueberry Oatmeal Milk	5 Multigrain English Muffins w/Almond Butter Organic Fruit
2 7	8 Cornbread w/ Berries	9 Whole Wheat Cinnamon Buns with Cream Cheese	10 Pineapple Coconut Quinoa	11 Scrambled Eggs w/ Whole Wheat Toast	12 Grain Cereal Milk Organic Fruit
1 14	15 Baked plums w/ Oat Crumble & Milk	16 Bran Flakes Milk Organic Fruit	17 Whole Wheat Pancakes with Bananas	18 Blueberry Oatmeal Milk	19 Multigrain English Muffins w/Almond Butter
2 21	22 Cornbread w/ Berries	23 Whole Wheat Cinnamon Buns with Cream Cheese	24 Pineapple Coconut Quinoa	25 Scrambled Eggs w/ WW Toast	26 Grain Cereal Milk Organic Fruit
1 28	29 Baked plums w/ Oat Crumble & Milk	30 Bran Flakes Milk Organic Raisins	31 Whole Wheat Pancakes with orange slices	1 Blueberry Oatmeal Milk	2 Grain Cereal Milk Organic Fruit
<p><u>Organic Milk & Water are offered at every meal.</u></p> <p><u>(Whole Milk for Sun, 1% for Star & M/C)</u></p> <p><u>Organic Produce is used when available</u></p> <p><u>Wheat Germ and Nutritional Yeast is a source of Iron, Potassium, and B Vitamins</u></p>					