

Citywide Breakfast

OCTOBER 2011

Monday	Tuesday	Wednesday	Thursday	Friday
3 <i>FUEL UP THE WHOLE GRAIN WAY!</i> Breakfast Sausage Roll Hot Cereal Choice	4 TRAYLESS TUESDAY SANDWICH CREATIONS <i>Rise and Shine</i> Country Ham and Cheese in a Whole Wheat Flat Bread	5 <i>BAGEL BONANZA</i> NY Style Bagels Cream Cheese and Spreads	6 <i>POWER UP</i> Cinnamon Burst Pancake Variety of Fruit Yogurts	7 <i>EGGSTRAVAGANZA</i> Fluffy Cheese Omelet Crispy Hash Browns Whole Wheat Toast
10 <i>COLUMBUS DAY</i> Country Corn Bread served with Jelly Hot Cereal Choice	11 TRAYLESS TUESDAY SANDWICH CREATIONS <i>The Morning Round</i> Fluffy Egg Omelet With Melted Cheese in a Flakey Croissant	12 <i>BAGEL BONANZA</i> NY Style Bagels Cream Cheese and Spreads	13 <i>POWER UP</i> Buttermilk Biscuit Maple Glazed Turkey Sausage Patty	14 <i>MUFFIN MANIA</i> Assorted Baked Muffins served with Jelly
17 <i>FUEL UP THE WHOLE GRAIN WAY!</i> Breakfast Sausage Roll Hot Cereal Choice	18 TRAYLESS TUESDAY SANDWICH CREATIONS <i>Buenos Dias!</i> Fluffy Cheese Omelet with Fiesta Salsa In a Wrap	19 <i>BAGEL BONANZA</i> NY Style Bagels Cream Cheese and Spreads	20 <i>POWER UP</i> Whole Grain Blueberry Square Variety of Fruit Yogurts	21 <i>RISE AND SHINE!</i> Home-style French Toast with Warm Peach Topping Turkey Canadian Bacon
24 <i>WAFFLE HOUSE PARTY</i> Crispy Waffles served with syrup Hot Cereal Choice	25 TRAYLESS TUESDAY SANDWICH CREATIONS <i>Wake Up</i> Fluffy Egg Omelet in a Soft Whole Wheat Bun	26 <i>BAGEL BONANZA</i> NY Style Bagels Cream Cheese and Spreads	27 <i>POWER UP</i> Fluffy Pancakes Maple Glazed Turkey Sausage Patty	28 <i>MUFFIN MANIA</i> Assorted Baked Muffins served with Jelly
31 <i>HAPPY HALLOWEEN</i> Fluffy Egg Omelet Whole Wheat Toast Hot Cereal Choice				



Offered Daily: assorted cold cereal, fruit choice or 100% fruit Juice, milk (1% low fat, and fat free)

Menu subject to change