

SAMPLE

AMERICAN - BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Waffles 2 oz Turkey sausage 2 oz Fresh fruit ½ oz 100% Fruit Juice 4 oz Milk 8 oz	2 Oatmeal ¾ oz. Fresh fruit ½ oz Raisin bread 1 Slice 100% Fruit Juice 4 oz Milk 8 oz	3 Pancake 2 oz Turkey sausage 2 oz Fresh fruit ½ oz 100% Fruit Juice 4 oz Milk 8 oz
6 Scrambled Eggs 4 oz. Turkey sausage 2 oz Fresh fruit ½ oz 100% Fruit Juice 4 oz Milk 8 oz	7 French Toast Fresh fruit ½ oz 100% Fruit juice 4 oz. Milk 8 oz.	8 Cereal ¾ oz Fresh fruit ½ oz Raisin bread 1 Slice 100% Fruit Juice 4 oz Milk 8 oz	9 Oatmeal ¾ oz. Fresh fruit ½ oz Raisin bread 1 Slice 100% Fruit Juice 4 oz Milk 8 oz	10 Waffles 2 oz Turkey sausage 2 oz Fresh fruit ½ oz 100% Fruit Juice 4 oz Milk 8 oz
13 Cereal ¾ oz Fresh fruit ½ oz Raisin bread 1 Slice 100% Fruit Juice 4 oz Milk 8 oz	14 French Toast Fresh fruit ½ oz 100% Fruit juice 4 oz. Milk 8 oz.	15 Waffles 2 oz Turkey sausage 2 oz Fresh fruit ½ oz 100% Fruit Juice 4 oz Milk 8 oz	16 Fresh fruit ½ oz Raisin bread 1 Slice 100% Fruit Juice 4 oz Milk 8 oz	17 Scrambled Eggs 4 oz Turkey Sausage 2 oz Fresh fruit ½ oz 100% Fruit Juice 4 oz Milk 8 oz
20 Oatmeal ¾ oz. Fresh fruit ½ oz Raisin bread 1 Slice 100% Fruit Juice 4 oz Milk 8 oz	21 French Toast Fresh fruit ½ oz 100% Fruit juice 4 oz. Milk 8 oz.	22 Pancake 2 oz Turkey sausage 2 oz Fresh fruit ½ oz 100% Fruit Juice 4 oz Milk 8 oz	23 Cherios ¾ oz Fresh fruit ½ oz Raisin bread 1 Slice 100% Fruit Juice 4 oz Milk 8 oz	24 Waffles 2 oz Turkey sausage 2 oz Fresh fruit ½ oz 100% Fruit Juice 4 oz Milk 8 oz
27 Cherios ¾ oz Fresh fruit ½ oz Raisin bread 1 Slice 100% Fruit Juice 4 oz Milk 8 oz	28 Pancake 2 oz Turkey sausage 2 oz Fresh fruit ½ oz 100% Fruit Juice 4 oz Milk 8 oz	29 Scrambled Eggs 4 oz Turkey Sausage 2 oz Fresh fruit ½ oz 100% Fruit Juice 4 oz Milk 8 oz		