

SAMPLE

KOREAN - BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		4 oz. Orange juice 1 3 oz. Western Omelet 1 Bagel 1 pc. Margarine 1-2 oz. Turkey Sausage links 8 oz. Milk	4 oz. Apple Juice 2 1-2 oz. Turkey Sausage links 2 Pancakes 1 pc Syrup 1 Orange 8 oz. Milk	4 oz. Cranberry juice 3 3 oz. Cheese Omelet 1 English Muffin 1 pc Margarine 4 oz. Fruit Yogurt 8 oz. Milk
4 oz. Pineapple Juice 6 3 oz. Porridge 1 Banana 1 slice Whole Wheat Bread 1 pc. Margarine 8 oz. Milk 1 cup Water Kimchi	4 oz. Orange Juice 7 1 ½ cup Raisin Bran Cereal 4 oz. Fruit Yogurt 1 Corn Muffin 1 pc. Margarine 8 oz. Milk	4 oz. Apple Juice 8 3 oz. Scrambled Eggs 2 slices French Toast 1 pc Syrup 2 slices Bacon 8 oz. Milk	4 oz. Pineapple Juice 9 2 Rice Cake 4 oz. Fruit Yogurt 1 pc. Margarine 8 oz. Milk 1 cup Water Kimchi	4 oz. Orange Juice 10 2 slices French Toast 1 pc Syrup 1-2 oz. Sausage Links ½ cup Grapes 8 oz. Milk
4 oz. Cranberry Juice 13 2 Rice Cake 1 Banana 8 oz. Milk 1 cup Water Kimchi	4 oz. Apple Juice 14 3 oz. Scrambled Eggs 1 oz. Taylor Ham 2 slices Pancakes 1 pc Syrup 8 oz. Milk	4 oz. Pineapple Juice 15 2 slices French Toast 1 pc Syrup 2 slices Bacon 1 Apple 8 oz. Milk	4 oz. Orange Juice 16 3 oz. Porridge 1 pc Margarine ½ cup Fresh Fruit 8 oz. Milk 1 cup Water Kimchi	4 oz. Cranberry Juice 17 3 oz. Scrambled Eggs 2 slices Pancakes 1 pc Syrup 2 oz. Home Fries 8 oz. Milk
4 oz. Apple Juice 20 3 oz. Porridge 4 oz. Fruit Yogurt 1 Cranberry Muffin 1 pc. Margarine 8 oz. Milk 1 cup Water Kimchi	4 oz. Cranberry Juice 21 2 slices French Toast 1 pc. Syrup 1-2 oz. Sausage Links 1 Banana 8 oz. Milk	4 oz. Pineapple Juice 22 2 slices Waffles 1 pc. Syrup 2 slices Bacon 1 Orange 8 oz. Milk	4 oz. Orange Juice 23 2 Rice Cake ½ cup Grapes 8 oz. Milk 1 cup Water Kimchi	4 oz. Cranberry Juice 24 3 oz. Cheese Omelet 2 slices Waffles 1 pc Syrup 2 oz. Home Fries 8 oz. Milk
4 oz. Apple Juice 27 2 Rice Cakes 4 oz. Fruit Yogurt 8 oz. Milk 1 cup Water Kimchi	4 oz. Orange Juice 28 3 oz. Scrambled Eggs 2 slices French Toast 1 pc Syrup 1-2 oz. Sausage Link 8 oz. Milk	4 oz. Pineapple Juice 29 2 Hard Boiled Eggs 1 cup Oatmeal 1-2 oz. Sausage Links 1 slice Whole Wheat Bread 1 pc. Margarine 8 oz. Milk	4 oz. Apple Juice 30 3 oz. Porridge 8 oz. Milk 1 cup Water Kimchi	4 oz. Orange Juice 31 3 oz. Scrambled Eggs 1 Bagel 1 pc Margarine 1 Apple 8 oz. Milk