

May 2017

FIRST AVENUE BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BREAKFAST BURRITO CONCHA* WHOLE GRAIN DONUTS* POPTARTS*	2 YOGURT PARFAIT* COFFEE CAKE* BAGEL & CREAM CHEESE CEREALS*	3 EGG & SAUSAGE MUFFIN COFFEE CAKE* MUFFINS* POPTARTS*	4 BREAKFAST BOWL PANCAKE ON A STICK BAGEL & CREAM CHEESE* CEREALS*	5 MINI FRENCH TOAST CONCHA* WHOLE GRAIN DONUTS* MUFFINS* POPTARTS*
8 BREAKFAST BURRITO CONCHA* WHOLE GRAIN DONUTS* POPTARTS*	9 YOGURT PARFAIT* COFFEE CAKE* BAGEL & CREAM CHEESE* CEREALS*	10 EGG & SAUSAGE MUFFIN COFFEE CAKE* MUFFINS* POPTARTS*	11 BREAKFAST BOWL PANCAKE ON A STICK BAGEL & CREAM CHEESE* CEREALS*	12 MINI FRENCH TOAST CONCHA* WHOLE GRAIN DONUTS* MUFFINS* POPTARTS*
15 BREAKFAST BURRITO CONCHA* WHOLE GRAIN DONUTS* POPTARTS*	16 YOGURT PARFAIT* COFFEE CAKE* BAGEL & CREAM CHEESE* CEREALS*	17 EGG & SAUSAGE MUFFIN COFFEE CAKE* MUFFINS* POPTARTS*	18 BREAKFAST BOWL PANCAKE ON A STICK BAGEL & CREAM CHEESE* CEREALS*	19 MINI FRENCH TOAST CONCHA* WHOLE GRAIN DONUTS* MUFFINS* POPTARTS*
22 BREAKFAST BURRITO CONCHA* WHOLE GRAIN DONUTS* POPTARTS*	23 YOGURT PARFAIT* COFFEE CAKE* BAGEL & CREAM CHEESE* CEREALS*	24 EGG & SAUSAGE MUFFIN COFFEE CAKE* MUFFINS* POPTARTS*	25 BREAKFAST BOWL PANCAKE ON A STICK BAGEL & CREAM CHEESE* CEREALS*	26 MINI FRENCH TOAST CONCHA* WHOLE GRAIN DONUTS* MUFFINS* POPTARTS*
29 MEMORIAL DAY	30 YOGURT PARFAIT* COFFEE CAKE* BAGEL & CREAM CHEESE* CEREALS*	31 EGG & SAUSAGE MUFFIN COFFEE CAKE* MUFFINS* POPTARTS*	<i>All meals are low sodium and all grains are whole grain!</i>	OFFERED DAILY: 1% Lowfat Milk Nonfat Chocolate Milk Apple and Orange Juice Fresh Fruit Take at least 3 items 1 must be a fruit

Harvest of the Month

Network for a Healthy California

