

September 2017

HIGHLAND OAKS BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CHOCOLATE MUFFIN* ASSORTED CEREALS*
4 LABOR DAY HOLIDAY	5 FRENCH TOAST STICKS BAGEL WITH CREAM CHEESE*	6 BREAKFAST BURRITO CHOCOLATE MUFFIN*	7 YOGURT PARFAIT* BREAKFAST PIZZA	8 CHOCOLATE MUFFIN* ASSORTED CEREALS*
11 PANCAKES & SAUSAGE ASSORTED CEREALS*	12 FRENCH TOAST STICKS MINI BAGELS*	13 BREAKFAST BURRITO CHOCOLATE MUFFIN*	14 YOGURT PARFAIT* BREAKFAST PIZZA	15 MINIMUM DAY CHOCOLATE MUFFIN* ASSORTED CEREALS*
18 PANCAKES & SAUSAGE ASSORTED CEREALS*	19 FRENCH TOAST STICKS BAGEL WITH CREAM CHEESE*	20 BREAKFAST BURRITO CHOCOLATE MUFFIN*	21 MINIMUM DAY YOGURT PARFAIT* BREAKFAST PIZZA	22 CHOCOLATE MUFFIN* ASSORTED CEREALS*
25 PANCAKES & SAUSAGE ASSORTED CEREALS*	26 FRENCH TOAST STICKS MINI BAGELS*	27 BREAKFAST BURRITO CHOCOLATE MUFFIN*	28 YOGURT PARFAIT* BREAKFAST PIZZA	29 CHOCOLATE MUFFIN* ASSORTED CEREALS*

**Harvest
of the
Month**
Network for a Healthy California



OFFERED DAILY:

1% LOWFAT MILK
NONFAT CHOC. MILK
APPLE JUICE
ORANGE JUICE
FRESH FRUIT

You must take at least 3 items
(meat, grain, fruit, juice, or milk)

1 must be a fruit

All meals are low sodium and all grains are whole grains!