

September 2017

HUGO REID BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CHOCOLATE MUFFIN* ASSORTED CEREALS*
4 LABOR DAY HOLIDAY	5 BLUEBERRY MUFFIN* BAGEL & CREAM CHEESE*	6 CHOCOLATE MUFFIN* ASSORTED CEREALS*	7 YOGURT PARFAIT* HONEY LEMON LOAF*	8 CHOCOLATE MUFFIN* ASSORTED CEREALS*
11 CHOCOLATE MUFFIN* ASSORTED CEREAL*	12 BLUEBERRY MUFFIN* BAGEL & CREAM CHEESE*	13 CHOCOLATE MUFFIN* ASSORTED CEREALS*	14 YOGURT PARFAIT* HONEY LEMON LOAF*	15 MINIMUM DAY CHOCOLATE MUFFIN* ASSORTED CEREALS*
18 CHOCOLATE MUFFIN* ASSORTED CEREAL*	19 BLUEBERRY MUFFIN* BAGEL & CREAM CHEESE*	20 CHOCOLATE MUFFIN* ASSORTED CEREALS*	21 MINIMUM DAY YOGURT PARFAIT* HONEY LEMON LOAF*	22 CHOCOLATE MUFFIN* ASSORTED CEREALS*
25 CHOCOLATE MUFFIN* ASSORTED CEREALS*	26 BLUEBERRY MUFFIN* MINI BAGELS*	27 CHOCOLATE MUFFIN* ASSORTED CEREALS*	28 YOGURT PARFAIT* HONEY LEMON LOAF*	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!