



# September Breakfast 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Scrambled eggs and ham	2 Waffles with eggs and fruit parfait	3 Break
6 Pancakes with bacon and eggs	7 Roasted potatoes with sausage and eggs	8 Breakfast burrito with whole wheat tortilla	9 French toast with bacon and eggs	10 Sausage breakfast sandwich on whole grain bun with egg patty
13 Roasted potatoes with sausage link and eggs	14 Pancakes with Canadian bacon and eggs	15 Eggs with whole grain tortilla and sausage patty	16 Eggs with diced ham and whole grain english muffin	17 Waffles with eggs and bacon
20 Corn beef hash with eggs	21 Eggs with bacon and roasted potatoes	22 Pancakes with Canadian bacon and eggs	23 Southwest scrambled (red and green bell peppers with ham) eggs with sausage link	24 Break
27 Waffles with eggs and bacon	28 Scrambled eggs with sausage crumbles and whole grain tortilla	29 Egg sandwich on whole grain bun and whole grain blueberry muffin	30 French toast with ham and eggs	31

\*Alternate options – Daily: Oatmeal or Cream of wheat | \*Fruit – Yogurt: Apple, orange, banana, grapes, watermelon honeydew etc | \*Snack: Fruit or Veggie (carrots or celery)