**Breakfast Program 2013/14**

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Grilled Cheese\***  | **Egg on whole wheat English Muffin\*** | **Pancakes with added wheat bran\*** | **Scrambled Eggs, Whole Wheat Bread\***  | **Pizza on Whole Wheat English Muffin\***  |
| 50 g cheese2 slices whole wheat bread | 1 egg½ English muffinChocolate milk | 1 whole grain pancake syrup | 2 eggs½ whole wheat toastYogourt smoothies | ½ English muffin50 g cheese½ cup tomato sauceOrange & apple juice |

\*in addition to the regular menu, milk & water are always available, as are 3 fresh fruits plus approved cereals (Rice Krispies, Cornflakes, Cheerios and Shreddies)