**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 cheese  2 slices whole wheat bread | 1 egg  ½ English muffin  Chocolate milk | 1 whole grain pancake  syrup | 2 eggs  ½ whole wheat toast  Yogourt smoothies | ½ English muffin  50 g cheese  ½ cup tomato sauce  Orange & 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)