



Week of	Breakfast	
10/05/20	English Muffin Breakfast Sandwich With Greens, Eggs, Cheddar Cheese and Turkey Bacon	South of the Border Breakfast w/ Chorizo Sausage Scrambled egg whites, Roasted Potatoes
10/12/20	Hawaiin Moco Breakfast With Eggs, Rice, Steak, Mushrooms, Onions and Kale	Breakfast Quesadilla With Bell Peppers, Onions, Spinach, Cheese and Chicken Breast
10/19/20	Classic Breakfast With Turkey Bacon, Scrambled Eggs, Hash Browns, Whole Grain Slice of Bread and Asparagus	Biscuits and Gravy With Mushrooms, Broccoli and Bell Peppers
10/26/20	Chocolate Chip Protein Pancakes, Scrambled Eggs, Ham	Smothered Breakfast Burrito With Egg Whites, Peppers/Onions, Cheese, Potatoes and Green Chile



Week of	Breakfast	
11/02/20	Sweet Potato Breakfast Hash With Chopped Kale, Apples, Sausage, Eggs, Tomatoes and Ground Beef	Bento Breakfast With Hard Boiled Eggs, Carrots, Celery, House Made Hummus and Fruit
11/09/20	Breakfast Tower W/Fat Free Greek Yogurt, Oatmeal, Fruit and Natural Peanut Butter	Ham, Spinach and Tomato Frittata, Mixed Fruit
11/16/20	Smothered Breakfast Burrito	Protein Waffle, Egg White Frittata and Mixed Fruit
11/23/20	English Muffin Breakfast Sandwich With Greens, Eggs, Cheddar Cheese and Turkey Bacon	South of the Border Breakfast w/ Chorizo Sausage Scrambled egg whites, Roasted Potatoes



Week of	Breakfast	
11/30/20	Hawaiin Moco Breakfast With Eggs, Rice, Steak, Mushrooms, Onions and Kale	Breakfast Quesadilla With Bell Peppers, Onions, Spinach, Cheese and Chicken Breast
12/07/20	Classic Breakfast With Turkey Bacon, Scrambled Eggs, Hash Browns, Whole Grain Slice of Bread and Asparagus	Biscuits and Gravy With Mushrooms, Broccoli and Bell Peppers
12/14/20	Chocolate Chip Protein Pancakes, Scrambled Eggs, Ham	Smothered Breakfast Burrito With Egg Whites, Peppers/Onions, Cheese, Potatoes and Green Chile
12/21/20	Sweet Potato Breakfast Hash With Chopped Kale, Apples, Sausage, Eggs, Tomatoes and Ground Beef	Bento Breakfast With Hard Boiled Eggs, Carrots, Celery, House Made Hummus and Fruit
12/28/20	Breakfast Tower W/Fat Free Greek Yogurt, Oatmeal, Fruit and Natural Peanut Butter	Ham, Spinach and Tomato Frittata, Mixed Fruit