



Week of	Breakfast	
01/04/21	Chocolate Chip Protein Pancake, Scrambled Eggs and Ham	Smothered Breakfast Burrito With Egg Whites, Peppers/Onions, Cheese, Potatoes and Green Chile
01/11/21	Blueberry Protein Pancake, Scrambled Eggs and Mixed Fruit	Cinnamon Roll Protein Waffle With a Spinach-Tomato Frittata and Mixed Fruit
01/18/21	Breakfast Tower With Fat Free Greek Yogurt, Oatmeal, Fruit, Peanut Butter and Coconut Flakes	Sliced Ham, Spinach-Tomato Frittata and Mixed Fruit
01/25/21	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	
02/01/21	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
02/08/21	Hawaiin Moco Breakfast With Eggs, Rice, Steak, Mushrooms, Onions and Kale	Breakfast Quesadilla With Bell Peppers, Onions, Spinach, Cheese and Chicken Breast
02/15/21	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
02/22/21	Chocolate Chip Protein Pancakes, Scrambled Eggs, Ham	Smothered Breakfast Burrito With Egg Whites, Peppers/Onions, Cheese, Potatoes and Green Chile



Week of	Breakfast	
03/01/21	Breakfast Tower W/Fat Free Greek Yogurt, Oatmeal, Fruit and Natural Peanut Butter	Ham, Spinach and Tomato Frittata, Mixed Fruit
03/08/21	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
03/15/21	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
03/22/21	Blueberry Protein Pancake, Scrambled Eggs, Mixed Fruit	Cinnamon Roll Protein Waffle Spinach-Tomato Frittata With Mixed Fruit
03/29/21	Breakfast Tower W/Fat Free Greek Yogurt, Oatmeal, Fruit and Natural Peanut Butter	Ham, Spinach-Tomato Frittata and Mixed Fruit