



Week of	Breakfast	
07/05/21	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
07/12/21	Hawaiin Moco Breakfast With Eggs, Rice, Steak, Mushrooms, Onions and Kale	Breakfast Quesadilla With Bell Peppers, Onions, Spinach, Cheese and Chicken Breast
07/19/21	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
07/26/21	Chocolate Chip Protein Pancakes, Scrambled Eggs, Ham	Smothered Breakfast Burrito With Egg Whites, Peppers/Onions, Cheese, Potatoes and Green Chile



Week of	Breakfast	
08/02/21	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
08/09/21	Breakfast Tower W/Fat Free Greek Yogurt, Oatmeal, Fruit and Natural Peanut Butter	Ham, Spinach and Tomato Frittata, Mixed Fruit
08/16/21	Smothered Breakfast Burrito	Protein Waffle, Egg White Frittata and Mixed Fruit
08/23/21	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	
08/30/21	Hawaiin Moco Breakfast With Eggs, Rice, Steak, Mushrooms, Onions and Kale	Breakfast Quesadilla With Bell Peppers, Onions, Spinach, Cheese and Chicken Breast
09/06/21	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
09/13/21	Chocolate Chip Protein Pancakes, Scrambled Eggs, Ham	Smothered Breakfast Burrito With Egg Whites, Peppers/Onions, Cheese, Potatoes and Green Chile
09/20/21	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
09/27/21	Breakfast Tower W/Fat Free Greek Yogurt, Oatmeal, Fruit and Natural Peanut Butter	Ham, Spinach and Tomato Frittata, Mixed Fruit