

BREAKFAST IDEAS

Peanut butter w/toast	Kix cereal	English muffins	Waffles	Oatmeal
Orange juice	Cranberry juice	V-8 juice	Strawberries	Bananas
Milk	Milk	Milk	Milk	Milk

Rice Krispies	Cake donuts	English muffins	French toast	Cheerios
Kiwi fruit	Mandarin oranges	Fruit cocktail	Pine/orange juice	Apple juice
Milk	Milk	Milk	Milk	Milk

Pancakes	Waffles	Crispy Critters	Bagels	Wheaties
Blueberries	Orange juice	Bananas	Grapes	Raisins
Milk	Milk	Milk	Milk	Milk

Oatmeal	HM Corn muffins	Bagels	Raisin toast	Shredded Wheat
Baked apples	Grape juice	Cantaloupe	Bananas	Orange juice
Milk	Milk	Milk	Milk	Milk

Pop Tarts	Corn Flakes	HM Banana bread	Cream of Wheat	HM Granola bars
Cherries	Applesauce	Pineapple juice	Prunes	Apricots
Milk	Milk	Milk	Milk	Milk

Corn Chex	Life cereal	Wheat toast	Blueberry Waffles	Pizza
Blueberries	Apple juice	Apple slices	Orange juice	Pineapple
Milk	Milk	Milk	Milk	Milk