

FEBRUARY, 2012
NEXT GEN SENIOR CENTER
Breakfast Menu

TO RESERVE A MEAL PLEASE CALL ONE DAY IN ADVANCE

MILK AND BREAD SERVED WITH ALL MEALS

Monday	Tuesday	Wednesday	Thursday	Friday
NOTE: All Juice is 100% juice, fortified with Vitamin C. Fresh fruit is a choice of melon, orange, grapes, berries or banana.		1) 8 oz. Fruit Yogurt Prunes Fruit Juice Bagel 1 tbsp. Cream Cheese 1 Pint 2% Milk	2) 2 tbsp. Peanut Butter Peaches Fruit Juice Raisin Bran Cereal 2 Slices Toast/Jam 1 tsp. Margarine 1 Pint 2% Milk	3) 3 Pancakes w/Syrup Apple Fruit Juice 1 tsp. Margarine 1 Pint 2% Milk
6) 2 oz. Cheese Omelet Apricots Orange Juice 2 Slices Whole Wheat Toast Jam/Cocoa 1 tsp. Margarine 1 Pint 2% Milk	7) 2 oz. Cheese Slices Fresh Orange Orange Juice English Muffin 1 tsp. Margarine 1 Pint 2% Milk	8) 2 Scrambled Eggs 2 Strips Bacon Peaches Orange Juice 2 Slices Whole Wheat Toast 1 tsp. Margarine 1 Pint 2% Milk	9) 3 Slices French Toast w/Syrup Prunes Orange Juice 1 tsp. Margarine 1 Pint 2% Milk	10 2 tbsp. Peanut Butter Banana Orange Juice Bran Cereal 1 Slice Toast 1 tsp. Margarine/1 Pint 2% Milk
13) 1 oz. Cheese Peaches Fruit Juice Oatmeal 1 Slice Whole Wheat Toast 1 tsp. Margarine 1 Pint 2% Milk	14) Hard Cooked Egg Banana Fruit Juice Bran Cereal or Cream of Wheat 1 Slice Whole Wheat Bread 1 tsp. Margarine 1 Pint 2% Milk	15) 2 oz. Egg Omelet Orange Fruit Juice English Muffin 1 tsp. Margarine 1 Pint 2% Milk	16) 2 tbsp. Peanut Butter Peaches Fruit Juice Total Cereal 1 Slice Toast 1 tsp. Margarine 1 Pint 2% Milk	17) 2-1 oz. Sausage Links Apricots Fruit Juice 2 Pancakes/Syrup 1 tsp. Margarine 1 Pint 2% Milk
20) CENTER CLOSED PRESIDENT'S DAY	21) Scrambled Egg w/Cheese Banana Fruit Juice 2 slices Whole Wheat Toast 1 tsp. Margarine 1 Pint 2% Milk	22) 8 oz. Fruit Yogurt Prunes Fruit Juice Bagel 1 tbsp. Cream Cheese 1 Pint 2% Milk	23) 2 tbsp. Peanut Butter Peaches Fruit Juice Raisin Bran Cereal 2 Slices Toast/Jam 1 tsp. Margarine 1 Pint 2% Milk	24) 3 Pancakes w/Syrup Apple Fruit Juice 1 tsp. Margarine 1 Pint 2% Milk
27) 2 oz. Cheese Omelet Apricots Orange Juice 2 Slices Whole Wheat Toast Jam/Cocoa 1 tsp. Margarine 1 Pint 2% Milk	28) 2 oz. Cheese Slices Fresh Orange Orange Juice English Muffin 1 tsp. Margarine 1 Pint 2% Milk	29) 2 Scrambled Eggs 2 Strips Bacon Peaches Orange Juice 2 Slices Whole Wheat Toast 1 tsp. Margarine 1 Pint 2% Milk		

***DONATIONS ARE APPRECIATED-THANK YOU FOR SUPPORTING YOUR SENIOR CENTER PROGRAM**