

**Springwell Nutrition Department**  
**Morse Apartments**  
**Breakfast Menu Cycle**  
**JULY 2018**

SATURDAY	SUNDAY	WEDNESDAY
	<b>JULY 1<sup>ST</sup></b> Citrus Fruit Cup Flavored Instant Oatmeal Cottage Cheese 2 Waffles w/ Syrup	<b>JULY 4<sup>TH</sup></b> INDEPENDENCE DAY HOLIDAY Fresh Apple Flavored Instant Oatmeal English Muffin w/ Peanut Butter & w/Jelly
<b>JULY 7<sup>TH</sup></b> Apple Juice Toasted Oats & Honey Cereal Boiled Egg 2 slices Whole Wheat Bread w/Jelly	<b>JULY 8<sup>TH</sup></b> Fresh Banana Flavored Instant Oatmeal Yogurt Wheat Bagel w/Cream Cheese	Each breakfast is served with Milk & Margarine.
<b>JULY 14<sup>TH</sup></b> Orange Juice Raisin Bran Cereal English Muffin w/Peanut Butter & 1 Jelly	<b>JULY 15<sup>TH</sup></b> Low Sodium Tomato Juice Fiber One Cereal Boiled Egg Fruit Muffin Loaf Carnation Instant Breakfast	
<b>JULY 21<sup>ST</sup></b> Fresh Orange Flavored Instant Oatmeal Cottage Cheese Apple Turnover	<b>JULY 22<sup>ND</sup></b> Fresh Apple Flavored Instant Oatmeal English Muffin w/ Peanut Butter & w/Jelly	
<b>JULY 28<sup>TH</sup></b> Cranberry Juice Total Cereal Yogurt Apple Cinnamon Muffin	<b>JULY 29<sup>TH</sup></b> Citrus Fruit Cup Flavored Instant Oatmeal Cottage Cheese 2 Waffles w/ Syrup	<b>*LS = Low Sodium</b>