

Springwell Nutrition Department

Morse Apartments

Breakfast Menu Cycle

JUNE 2018

SATURDAY	SUNDAY	MONDAY
JUNE 2ND Cranberry Juice Total Cereal Yogurt Apple Cinnamon Muffin	JUNE 3RD Citrus Fruit Cup Flavored Instant Oatmeal Cottage Cheese 2 Waffles w/ Syrup	
JUNE 9TH Apple Juice Toasted Oats & Honey Cereal Boiled Egg 2 slices Whole Wheat Bread w/Jelly	JUNE 10TH Fresh Banana Flavored Instant Oatmeal Yogurt Wheat Bagel w/Cream Cheese	Each breakfast is served with Milk & Margarine.
JUNE 16TH Orange Juice Raisin Bran Cereal English Muffin w/Peanut Butter & 1 Jelly	JUNE 17TH Low Sodium Tomato Juice Fiber One Cereal Boiled Egg Fruit Muffin Loaf Carnation Instant Breakfast	
JUNE 23RD Fresh Orange Flavored Instant Oatmeal Cottage Cheese Apple Turnover	JUNE 24TH Fresh Apple Flavored Instant Oatmeal English Muffin w/ Peanut Butter & w/Jelly	
JUNE 30TH Cranberry Juice Total Cereal Yogurt Apple Cinnamon Muffin		*LS = Low Sodium