

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

SATURDAY	SUNDAY	MONDAY
<b>AUGUST 4<sup>TH</sup></b> Apple Juice Toasted Oats & Honey Cereal Boiled Egg 2 slices Whole Wheat Bread w/Jelly	<b>AUGUST 5<sup>TH</sup></b> Fresh Banana Flavored Instant Oatmeal Yogurt Wheat Bagel w/Cream Cheese	
<b>AUGUST 11<sup>TH</sup></b> Orange Juice Raisin Bran Cereal English Muffin w/Peanut Butter & 1 Jelly	<b>AUGUST 12<sup>TH</sup></b> Low Sodium Tomato Juice Fiber One Cereal Boiled Egg Fruit Muffin Loaf Carnation Instant Breakfast	Each breakfast is served with Milk & Margarine.
<b>AUGUST 18<sup>TH</sup></b> Fresh Orange Flavored Instant Oatmeal Cottage Cheese Apple Turnover	<b>AUGUST 19<sup>TH</sup></b> Fresh Apple Flavored Instant Oatmeal English Muffin w/ Peanut Butter & w/Jelly	
<b>AUGUST 25<sup>TH</sup></b> Cranberry Juice Total Cereal Yogurt Apple Cinnamon Muffin	<b>AUGUST 26<sup>TH</sup></b> Citrus Fruit Cup Flavored Instant Oatmeal Cottage Cheese 2 Waffles w/ Syrup	*LS = Low Sodium