

# MHFC

## Breakfast & Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal Mixed Fruits	Cereal Wholegrain bagel w/ cream cheese	Cereal Scrambled eggs w/whole wheat toast	Cereal Yogurt parfait w/ granola	Cereal Pancakes w/turkey sausage
Morning Snack	Fresh Produce	Fresh Produce	Fresh Produce	Fresh Produce	Fresh Produce
Afternoon Snack	Crackers w/ cream cheese & mixed fruits	Pretzels and mixed veggies w/ ranch dressing	Graham crackers w/ soy butter & mixed Fruits	Breadsticks and mixed veggies w/ ranch dressing	Bagels w/ cream cheese & mixed Fruit

