

Greater Miami Catering *Breakfast*



FLIPANY Summer Foods August 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>**Fresh fruit includes, but is not limited to: strawberries, oranges, kiwi, apples, peaches, plums, nectarines, pineapple, watermelon, melon, grapes, bananas, etc. *1% or fat free</p>	<p>1 Fruit cup in 100% juice Oat muffin Milk* (1 c)</p>	<p>2 Whole fresh fruit Whole grain corn flake Milk* (1 c)</p>	<p>3 Fruit cup in 100% juice Whole wheat mini bagel Milk* (1 c)</p>	<p>4 Whole fresh fruit Whole wheat cereal Milk* (1 c)</p>
<p>7 Fruit cup in 100% juice Whole grain cereal Milk* (1 c)</p>	<p>8 Whole fresh Fruit Cinnamon bread Milk* (1 c)</p>	<p>9 Whole fresh Fruit Whole grain cheerios Milk* (1 c)</p>	<p>10 Whole fresh fruit Whole wheat bread Milk* (1 c)</p>	<p>11 Fruit cup in 100% juice Granola cereal Milk* (1 c)</p>
<p>14 Fruit cup in 100% juice Whole grain cheerios Milk* (1 c)</p>	<p>15 Whole fresh fruit English muffin Milk* (1 c)</p>	<p>16 Whole fresh fruit Whole wheat cereal Milk* (1 c)</p>	<p>17 Fruit cup in 100% juice Corn muffin Milk* (1 c)</p>	<p>18 Fresh fruit Whole wheat cereal Milk* (1 c)</p>
<p>21 Back to School</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	

