







Breakfast Menu for Ram's Kitchen



August 2016

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	 RISE AND SHINE WITH A HEALTHY BREAKFAST	2		3		4	Choice Of Cereal or 1) Breakfast Burrito 2) Yogurt & Granola Fresh Fruit Bar & Milk	5	Choice Of Cereal or 1) Ram's Scramble 2) Yogurt & Granola Fresh Fruit Bar & Milk
8	Choice Of Cereal or 1) Bagel with Cream Cheese/Peanut Butter 2)Yogurt & Granola Fresh Fruit Bar & Milk	9	Choice Of Cereal or 1) Sausage & Pancake 2) Yogurt & Granola Fresh Fruit Bar & Milk	10	Choice Of Cereal or 1) Cinnamon Roll 2) Yogurt & Granola Fresh Fruit Bar & Milk	11	Choice Of Cereal or 1) Sausage and Hash Browns 2) Yogurt & Granola Fresh Fruit Bar & Milk	12	Choice Of Cereal or 1) Ram's Scramble 2) Yogurt & Granola Fresh Fruit Bar & Milk
15	Choice Of Cereal or 1) Cereal Bar 2) Yogurt & Granola Fresh Fruit Bar & Milk	16	Choice Of Cereal or 1) Chicken Biscuit 2) Yogurt & Granola Fresh Fruit Bar & Milk	17	Choice Of Cereal or 1) Cinnamon Roll 2) Yogurt & Granola Fresh Fruit Bar & Milk	18	Choice Of Cereal or 1) Ram's Scramble 2) Yogurt & Granola Fresh Fruit Bar & Milk	19	Choice Of Cereal Or 1)Banana Bread 2) Yogurt & Granola Fresh Fruit Bar and Milk
22	Choice Of Cereal or 1) Ram's Breakfast Sammy 2)Yogurt & Granola Fresh Fruit Bar & Milk	23	Choice Of Cereal or 1)Whole Grain French Toast Sticks 2) Yogurt & Granola Fresh Fruit Bar & Milk	24	Choice Of Cereal or 1) Cinnamon Roll 2) Yogurt & Granola Fresh Fruit Bar & Milk	25	Choice Of Cereal or 1) Ham & Chz Muffin 2) Yogurt & Granola Fresh Fruit Bar & Milk	26	Choice Of Cereal or 1) Ram's Scramble 2) Yogurt & Granola Fresh Fruit Bar & Milk
29	Choice Of Cereal or 1) Waffles 2) Yogurt & Granola Fresh Fruit Bar & Milk	30	Choice Of Cereal or 1) Chef Teri's Breakfast pizza 2) Yogurt& Granola Fresh Fruit Bar & Milk	31	Choice Of Cereal or 1 Cinnamon Roll 2) Yogurt & Granola Fresh Fruit Bar & Milk	JOIN US!!!! Check out Rams Kitchen on FB for details 		*EACH MEAL COMES WITH THE CHOICE OF 1% PLAIN, FF CHOCOLATE OR FF PLAIN MILK	

All Bread and Tortillas are whole grain

*Menu subject to change

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