

# May Breakfast

# Health 2017

## NaMa Catering

NaMa catering makes healthy, homemade, delicious meals. We use whole grain and whole wheat in bread and pastas whenever possible. NaMa strives to buy local and organic ingredients when available and supports our local farmers. All breakfasts will be served with low fat milk, fruit, and/or 100% juice.

Our cereal choices meet National Criteria of less than or equal to 5 grams of sugar OR greater than or equal to 3 grams of fiber.

\*Menu items are subject to substitution without notice



Monday	Tuesday	Wednesday	Thursday	Friday
1 Assorted Cold Cereal with Milk and Fresh Fruit	2 Homemade Triple Berry Muffin with String Cheese	3 Breakfast Burrito (eggs, potatoes, cheese)	4 Nutri Grain Bar and String Cheese	5 Breakfast Taco
8 Assorted Cold Cereal with Milk and Fresh Fruit	9 Homemade Banana Muffin with String Cheese	10 Breakfast Burrito (eggs, potatoes, cheese)	11 Ham and Cheese English Muffin	12 Assorted Bagels and Cream Cheese
15 Assorted Cold Cereal with Milk and Fresh Fruit	16 Homemade Peach Muffin with String Cheese	17 Breakfast Burrito (eggs, potatoes, cheese)	18 Chocolate Dipped Granola Bar and Banana	19 Turkey Sausage Biscuit
22	23 Homemade Blueberry Muffin with String Cheese	24 Breakfast Burrito (eggs, potatoes, cheese)	25 Breakfast Sundae (Yogurt with Berries, Bananas, Homemade Granola & Honey Drizzle)	26 Assorted Bagels and Cream Cheese
29	30 Homemade Apple Cinnamon Muffin with String Cheese	31 Breakfast Burrito (eggs, potatoes, cheese)		