

November 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 Breakfast Burrito (eggs, potatoes, cheese) and Fresh Fruit	2 Granola Bar and Fresh Fruit	3 Breakfast Taco (Eggs, Bacon, Red Chili, and Cheese) and Fresh Fruit
6 Assorted Cold Cereal with Milk and Fresh Fruit	7 Homemade Pumpkin Muffin with String Cheese	8 Breakfast Burrito (eggs, potatoes, cheese) and Fresh Fruit	9 Assorted Bagels and Cream Cheese and Fresh Fruit	10 Breakfast Bake and Fresh Fruit
13 Assorted Cold Cereal with Milk and Fresh Fruit	14 Homemade Peach Muffin with String Cheese	15 Breakfast Burrito (eggs, potatoes, cheese) and Fresh Fruit	16 Chocolate Peanut Butter Granola Cups With String Cheese and Fresh Fruit	17 Turkey Sausage Biscuit and Fresh Fruit
20 Assorted Cold Cereal with Milk and Fresh Fruit	21 Homemade Apple Cinnamon Muffin with String Cheese	22	23	24
27 Assorted Cold Cereal with Milk and Fresh Fruit	28 Homemade Banana Muffin with String Cheese	29 Breakfast Burrito (eggs, potatoes, cheese) and Fresh Fruit	30 Oats N Honey Granola Bar and Banana	English Muffin with Ham and Cheese and Fresh Fruit