

October 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
2 Assorted Cold Cereal with Milk and Fresh Fruit	3 Homemade Blueberry Muffin with String Cheese	4 Breakfast Burrito (eggs, potatoes, cheese)	5 Granola Bar and Fruit	6 Breakfast Taco (Eggs, Bacon, Red Chili, and Cheese)
9 Assorted Cold Cereal with Milk and Fresh Fruit	10 Homemade Pumpkin Muffin with String Cheese	11 Chocolate Peanut Butter Granola Cups With String Cheese	12 Assorted Bagels and Cream Cheese	13 Oats N Honey Granola Bar and Banana
16 Assorted Cold Cereal with Milk and Fresh Fruit	18 Homemade Peach Muffin with String Cheese	19 Breakfast Burrito (eggs, potatoes, cheese)	20 Breakfast Bake	21 Turkey Sausage Biscuit
23 Assorted Cold Cereal with Milk and Fresh Fruit	26 Homemade Apple Cinnamon Muffin with String Cheese	27 Breakfast Burrito (eggs, potatoes, cheese)	28 English Muffin with Ham and Cheese	29 Breakfast Taco (Eggs, Bacon, Green Chili, and Cheese)
30 Assorted Cold Cereal with Milk and Fresh Fruit	31 Homemade Banana Muffin with String Cheese			