



The Episcopal Center for Children October Breakfast Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Hot Cereal or Cold Cereal	Waffles	Sausage Biscuit	Bagel w/ Cream Cheese or Jelly	Muffin and Boiled Egg
Week 2	Muffin and Yogurt w/Oatmeal Crumble	Buttermilk Pancakes	Breakfast Scramble <small>(scramble eggs, dice turkey sausage, peppers and potatoes)</small>	Breakfast Bar	English Muffin and Scrambled Eggs
Week 3	Hot Cereal or Cold Cereal	French Toast	Cheese Eggs and Turkey Bacon	Bagel w/ Cream Cheese or Jelly	Muffin and Yogurt w/Oatmeal Crumble
Week 4	Muffin and Boiled Egg	Chef Special	Western Omelet	Breakfast Bar	* Breakfast Burrito

AVAILABLE DAILY

Hot or Cold Cereal
Fresh Fruit
Milk



Did You Know?

The world's first breakfast cereal was created in 1863 and needed soaking overnight to be chewable.



Menu subject to change
*Indicates Pork



HEALTHY
BREAKFAST
4 KIDS



Questions or Comments
Contact the Food & Nutrition Office
RonJanica Hymes, CFP
Food & Nutrition Supervisor
202-363-1333 ext:225

