

ECPS Breakfast Menu For February

		1-Feb-12	2-Feb-12	3-Feb-12
		Hard Boiled Eggs Apples, cucumbers quinoa rice cakes	Cheese, crackers yogurt, assorted fruits/veggies	PD DAY
6-Feb-12	7-Feb-12	8-Feb-12	9-Feb-12	10-Feb-12
Cereal with milk strawberries	Grilled Cheese apples	Bagels with cream cheese variety Pears, cucumbers, grapes	Cheese, Crackers Applesauce, melon, bananas kiwi	Cheese Toast Watermelon, Oranges, kiwi
13-Feb-12	14-Feb-12	15-Feb-12	16-Feb-12	17-Feb-12
Muffins, Yogurt Tomatoes, Peppers, Pears	Pizza Bagels carrots, celery, snow peas,	Cinnamon Raisin Bagels apples, kiwi, cucumbers	Scrambled Egg Roll Ups tomatoes, oranges, peppers	quesedillas Assorted Fruits/veggies
20-Feb-12	21-Feb-12	22-Feb-12	23-Feb-12	24-Feb-12
FAMILY DAY	French Toast strawberries, bananas	Cheese Pizza Bagels Tomatoes	Cheese, Crackers Yogurt, Kiwi, broccoli	Hummus/Tzatziki and pita Cucumber, carrots, celery
27-Feb-12	28-Feb-12	29-Feb-12		
Cereal with milk Celery, Peppers, Cucumber	Egg Muffin Melts cucumber, grapes	Pita veggie pockets Yogurt, assorted fruits/veggies		

EITHER MILK OR JUICE WILL BE SERVED WITH SNACK AND YOGURT

Assorted Fruit and Veggie Tray Every Day!

We welcome any volunteers who would like to help out! Volunteering can be easy as 60-70 minutes any day of the week.

If you think you might have some time to help out, please let Monique know in the office, or Traci Franklin by email at thefranklins@sympatico.ca