




Breakfasts for March

S	M	T	W	T	F	S
1 Mushroom Cheese Omelet	2 Tropical Chia Pudding	3 Fresh Fruit	4 Mango Pineapple Yogurt Parfait	5 Granola Bars	6 Banana Kiwi Spinach Smoothie	7 Poached Eggs in Garlic Yogurt with Chili Butter
8 Mango Banana Smoothie	9 Straw- berry Banana Yogurt Parfait	10 Fresh Fruit	11 Breakfast Wrap	12 Toasted Bagel with Cream Cheese	13 Cereal with Milk	14 Eggs Baked in Tomato Sauce
15 Frittata	16 Muesli with Milk	17 Scrambled Eggs, Spinach, Feta Wrap	18 Mango Coconut Chia Pudding	19 Straw- berry Oatmeal	20 Fresh Fig Yogurt Parfait	21 Blueberry Pancakes
22 Smoked Salmon Omelet	23 Fresh Fruit	24 Apple and Cheese	25 Scrambled Eggs and Toast	26 Pineapple Melon Smoothie	27 Cottage Cheese and Fruit Bowl	28 Breakfast Tacos
29 Citrus Yogurt Parfait	30 Fried Egg on Avocado Toast	31 Mixed Berry Smoothie	1 	2 	3 	4 