

September Breakfasts

S	M	T	W	T	F	S
30 	31	1 Breakfast tacos	2 Yogurt parfait	3 Egg, cheese, sausage breakfast sandwich	4 Scrambled eggs on avocado toast	5 Pancakes
6 Cheese omelette	7 Toasted bagel and cream cheese	8 Granola and yogurt	9 Fresh fruit	10 Apple slices and cheese	11 Cereal and milk	12 French toast
13 Cheddar egg muffins (make-ahead)	14 Oatmeal with berries	15 Apple and cinnamon overnight oats	16 Pear and almond yogurt bowl	17 Breakfast wrap with scrambled eggs	18 Smoothie bowl with seasonal fruit	19 Breakfast casserole
20 Bacon and scrambled eggs sandwich	21 Avocado toast with fresh tomatoes	22 Seasonal fruit banana smoothie	23 Chia seed pudding	24 Cottage cheese with seasonal fruit	25 Muesli with yogurt	26 Frittata
27 Egg, pesto & mozzarella breakfast sandwich	28 Banana bread (make-ahead)	29 Mini quiche (make-ahead)	30 Croissant	1 	2 	3 