

# 2017-2018 Breakfast Menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday <span style="color: green;">★</span>
	Sausage Cheese English Muffin w/Hash Brown	Yogurt, Fruit & Granola Parfait	Biscuit and Sausage gravy <span style="color: green;">★</span>	Yogurt Fruit & Granola Parfait	Ham Sausage Cheese and Egg Bagel
Week 2					
	Sausage Cheese English Muffin w/Hash Brown	Yogurt, Fruit & Granola Parfait	Ham or sausage and Cheese Biscuit	Yogurt Fruit & Granola Parfait	Sausage Cheese and Egg Bagel
Week 3					
	Sausage Cheese English Muffin w/Hash Brown	Yogurt, Fruit & Granola Parfait	<span style="color: green;">★</span> Fresh Made Breakfast Burrito w/ bacon-cheese-Eggstravaganza and salsa	Yogurt Fruit & Granola Parfait	Ham Sausage Cheese and Egg Bagel
Week 4					
	Sausage Cheese English Muffin w/Hash Brown	Yogurt, Fruit & Granola Parfait	Ham or sausage and Cheese Biscuit	Yogurt Fruit & Granola Parfait	Sausage Cheese and Egg Bagel

### Other Daily Options

Eggo Mini Waffles or Pancakes, Pillsbury Mini-Cini's or Apple Streusel, Whole Wheat Bagel with Cream Cheese, Double Chocolate Muffin, (Cereal, Oatmeal, Pop Tarts or Granola/Cereal Bars all mix or match: Mix 2 choices or just take 1 with milk or protein choice)

**More Items:** French Toast, Ham and cheese ripper, Pancake on a stick, Premade sausage sandwich, WG cinnamon roll, Belgian Waffle w/berries, Butter Bar, or coffee cake

**START WITH YOUR CHOICE OF ENTRÉE**  
Menu item from above

### ADD A FRUIT

100% Fruit Juice, Applesauce, Raisins, Seasonal Fruit: Grapes, Bananas, Oranges, Apples, Pears, Nectarines, Plums, Melon



### ENJOY YOUR BRUNCH MEAL!!

Meal includes 4 Food Items – 2 Grains (or 1 Grain & 1 Protein), Fruit/Fruit Juice and Milk

You can take all 4 Food Items or a minimum of 3. One Menu Item must be ½ cup Fruit/Fruit Juice.



Healthy Foods

### GREAT OPTIONS! YOU CHOOSE!

#### GRAB & GO BRUNCH

Yoplait Yogurt Fruit & Granola Parfait



#### OTHER IDEAS

- Milk + Apple + 1 Pop Tart
- 1 Granola Bar + 1 String Cheese + Fruit Juice
- 1 Oatmeal Pack + Milk + Apple
- Milk + 1 Cereal Bowl + Grapes
- 1 Yogurt (4 oz) + 1 Pop Tart + Watermelon

### Brunch Prices

Student Brunch..... \$2.00  
 Reduced Student Brunch..... 30¢  
 Free Student Brunch.....no charge  
 Adult Brunch..... \$2.75 plus tax  
 A complete breakfast meal is served at brunch and includes entrée, milk and fruit or fruit juice.

Water dispenser available in the cafeteria

This institute is an equal opportunity provider.