

## Breakfast Menu

## Cafeteria Signature Flavor or Strawberry-Banana or Pineapple-Mango

4 oz Fruit, 4 oz Protein, 2oz Grain, 8 oz (VEG) Daily Vegetable, 4 oz (FR) Juice, 8 oz (Dairy) Milk

## Assorted Cereals

2 oz (GR) Cereal, 8 oz (VEG) Daily Vegetable, 4 oz (FR) Juice, 8 oz (Dairy) Milk

## Ham/Sausage Egg \& Cheese Sandwich

$2 \mathrm{oz}(\mathrm{GR})$ Bagel, 1.5 oz (M/MA) Ham/Sausage, 8 oz (VEG) Daily Vegetable, 4 oz (FR) Juice, 8 oz (Dairy) Milk

## Blueberry/ Chocolate Chip Muffin

2 oz (GR) Muffin, 8 oz (VEG) Daily Vegetable, 4 oz (FR) Juice, 8 oz (Dairy) Milk

## Pancakes

2 oz (GR) Pancakes, 8 oz (VEG) Daily Vegetable, 4 oz (FR) Juice, 8 oz (Dairy) Milk

## Cinnamon Roll

2 oz (GR) Cinn. Roll, 8 oz (VEG) Daily Vegetable, 4 oz (FR) Juice, 8 oz (Dairy) Milk

## French Toast

2 oz (GR) French Toast Sticks, 8 oz (VEG) Daily Vegetable, 4 oz (FR) Juice, 8 oz (Dairy) Milk

## Yogurt with Granola

2.75 oz (GR) Yogurt/Granola, 8 oz (VEG) Daily Vegetable, 4 oz (FR) Juice, 8 oz (Dairy) Milk

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