

## Breakfast Menu

**Cafeteria Signature Flavor or Strawberry-Banana or Pineapple-Mango** 40z Fruit, 4 oz Protein, 20z Grain, 8 oz (VEG) Daily Vegetable, 40z (FR) Juice, 80z (Dairy) Milk

Assorted Cereals 20z (GR) Cereal, 8 oz (VEG) Daily Vegetable, 40z (FR) Juice, 80z (Dairy) Milk

## Ham/Sausage Egg & Cheese Sandwich

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

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

## Pancakes

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

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

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

## Yogurt with Granola

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

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