DAILY CAFETERIA BREAKFAST MENU
"BUILD YOUR OWN BREAKFAST"

**GRAIN CHOICE (PICK ONE)**
- Assorted Whole Grain and Low Sugar Cereals
- Whole Grain Granola
- Whole Grain Cinnamon Roll
- Whole Grain Muffin
- Hot Oatmeal or Grits (when available)

**FRUIT CHOICE (PICK ONE OR BOTH)**

*Included in ALL Breakfast*
- 100% Fruit Juice
- Assorted Fruit Choices

**PROTEIN CHOICE (PICK ONE)**
- Low Fat Yogurt (assorted flavors)
- Low Fat Cheese
- Sunflower Seeds

**MILK CHOICE (PICK ONE)**
- Low Fat Unflavored and Skim Flavored (Strawberry and Chocolate) Milk

FOR A COMPLETE BREAKFAST STUDENTS MUST HAVE A MINIMUM OF 3 ITEMS (INCLUDING A FRUIT CHOICE)