

# 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)