

DAILY CAFETERIA BREAKFAST MENU

"Build Your Own Breakfast!"

Allergen & Carbohydrate Information



GRAIN CHOICES:

Pick one:

- Assorted Whole Grain and Low Sugar Cereals
varies, please see individual label
- Whole Wheat Bagel **1.8 oz bagel 30 gm/2.3 oz 38 gm WS**
- Assorted Whole Grain Muffins **25gm WSME**
- Whole Grain Cereal Bar **27gmWE (Zak's) 29 WSM (Nutrigrain)**
- Whole Grain Graham Crackers (3/pack) **21gm WS**
- Whole Grain Cinnamon Roll **1.5 oz 22WSD/2.7 oz 38WSM**
- Whole Grain Giant Cinnamon Goldfish Grahams **19gmWS**
- Hot Oatmeal **39gm M** or Grits **21M** (when available)



FRUIT CHOICES (included in all breakfasts)

Select one or both:

- 100% Fruit Juice **15 (unless otherwise labeled)**
- Assorted Fruit Choice (Fresh, dried or canned)
15 average (apple slices 7/raisins 31)

PROTEIN CHOICES

Pick one:

- Low Fat Yogurt (assorted flavors) **22gm M**
- Low Fat Cheese Stick **1gm M**
- Sunbutter **7gm S**
- (100% nut free, all natural, made from sunflower seeds)

MILK CHOICES

- 1% Low Fat Unflavored **13gm M** or
Skim flavored (Chocolate **20 M** or Strawberry **19 M**) Milk

Students may select any 4 Items (choices, as indicated above)
MUST have a MINIMUM of 3 Items (including a fruit choice)

ADDITIONAL BREAKFAST OFFERINGS:

- Hot Breakfast Offered Every THURSDAY *varies see label* (includes Fruit & Milk Choice)