

# DAILY CAFETERIA BREAKFAST MENU

## "BUILD YOUR OWN BREAKFAST"

### Allergen & Carbohydrate Information

#### GRAIN CHOICE (PICK ONE)

- Assorted Whole Grain and Low Sugar Cereals *see label—varies*
- Whole Grain Granola **26WS gm**
- Whole Grain Banana or Zucchini Bread Slice **44 , 43 gm WSE**
- Whole Grain Muffin **25 gm WSME**
- Hot Oatmeal **39gm M** or Grits **21M** (when available)

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

#### Included in ALL Breakfast

- 100 % Fruit Juice **15** (unless otherwise labeled)
- Assorted Fruit Choices **15 average** (apple slices 7/raisins 31)

#### PROTEIN CHOICE (PICK ONE)

- Low Fat Yogurt (assorted flavors) **22gm M**
- Low Fat Cheese **1 gm M**
- Sunflower Seeds **11 gm**

#### MILK CHOICE (PICK ONE)

- Low Fat Unflavored and Skim Flavored  
(Strawberry and Chocolate) Milk **13 gm, 25,gm 22 gm M**

**Key: Carbohydrates are indicated by the number next to the item, W=Wheat, S= Soy,**

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

