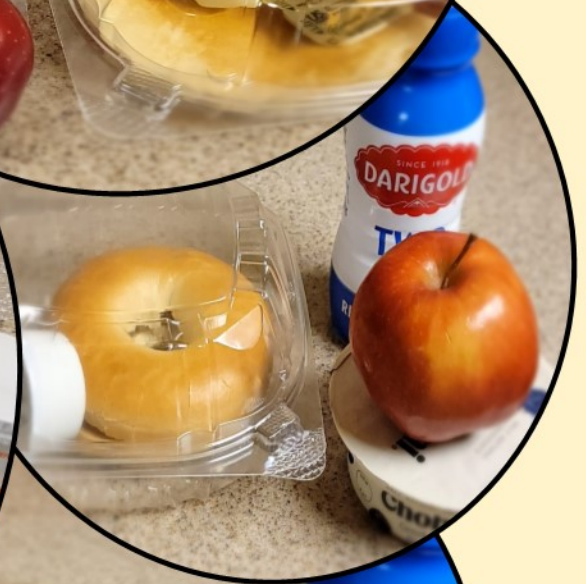




We have Grab-n-Go containers, take breakfast to work/ on the road.



Heading out before 0630, see Front desk before 2100

What's for Breakfast

Fruit: Apple, Orange or Banana

Pancakes

Cereal: Frosted Flakes or Granola

Muffin: Blueberry, Banana or Bran

Yogurt: Blueberry or Strawberry

Juice: Apple or Orange

Toast: Whole Grain Bagel or Whole Grain English Muffin

Oatmeal: Brown Sugar or Apple Cinnamon

Hard Boiled Eggs

String Cheese

Avocado Spread

Milk 2%

Cream Cheese

Peanut Butter

Butter

Syrup

Coffee, Tea or Hot Chocolate



Balance your breakfast however you'd like.

Nutritional information available.

Breakfast Hours:

0600—0900



