

breakfast

menu

MEAL DEAL \$2.45

Select 3 items (Up to 4 max): Protein, Fruit or Vegetable (required), Grain, and Milk.* Some Selections credit as 2

PROTEIN \$1.19

Greek Yogurt, Boiled Eggs, Hummus & Veggies*, Ants on a Log*, Cheese Stick, PBJ*, Cottage Cheese Cup

FRUIT & VEG \$ 1

Banana, Orange, Apple (Seasonal Variety), Assorted Veggie Cup, Baby Carrots, Celery Sticks, 100% Juice

GRAIN \$1.25

Oatmeal or Cereal Cups, Bagel with Cream Cheese*, Assorted Pastries, Breakfast Bars

MILK \$0.80

White or Chocolate 2% and Whole Vitamin D

DAILY FEATURE \$1.99

Egg Bites, Breakfast Sandwich*, Overnight Oats*, Breakfast Burrito*, Make your own Waffle. *Selections credit as 2 (Grain + Protein)

Comobo Items

BAGEL & CREAM CHEESE
\$1.99

= 2 GRAIN ITEMS*

*CREAM CHEESE DOES NOT CREDIT

BREAKFAST SANDWICH
\$1.99

GRAIN + 2 PROTEIN = 3 ITEMS

BREAKFAST BURRITO
\$1.99

GRAIN + 2 PROTEIN = 3 ITEMS

OVERNIGHT OATS
\$1.99

PROTEIN + FRUIT + GRAIN = 3 ITEMS

WAFFLE STATION
\$1.99

= 2 GRAIN ITEMS

ANTS ON A LOG
\$1.99

PROTEIN + FRUIT/VEG = 2 ITEMS

HUMMUS & VEGGIES
\$1.99

PROTEIN + FRUIT/VEG = 2 ITEMS

**BOILED EGGS OR
COTTAGE CHEESE**
\$1.25

= 2 PROTEIN ITEMS

GREEK YOGURT
\$1.25

= 2 PROTEIN ITEMS

Daily Feature

MONDAY

Overnight Oats - Organic steel cut oats, greek yogurt, blueberries, and a hint of vanilla. Recharge your body and your brain.

TUESDAY

Classic Breakfast Sandwich - Your choice of bacon or sausage, scrambled egg, and melted cheese, on a hot buttery biscuit.

WEDNESDAY

Breakfast Burrito - Scrambled Eggs, bacon, and gooey cheese wrapped up in a warm whole grain tortilla.

THURSDAY

Croissant Breakfast Sandwich - Your choice of bacon or sausage, scrambled egg, and melted cheese, on a flakey, buttery croissant.

FRIDAY

Make your own waffle - Freshly mixed batter poured and cooked by "yours truly."

MAKE IT A MEAL :

All daily features can be made into the meal deal. Selections credit as 2 (Grain + Protein). Grab some fruit and milk - We'll call it a Meal!