

RISE & SHINE ENTREES

French Toast

Homemade banana bread french toast dipped in coach Pop's special recipe and then put on the griddle till golden brown. Topped with powdered sugar and served with zero calorie syrup.

Popcorn Chicken

Ten all natural nuggets made with dark meat chicken and artisan breaded with whole grain. Baked to perfection.

Cinnamon Roll

Traditional cinnamon roll with moist sweet dough, a hint of spice and swirls of mild sweet cinnamon paste. Topped with icing drizzle.

Sausage Croissant

A sausage patty and cheddar cheese on a fluffy whole grain croissant.

Breakfast Pizza

Whole grain pizza dough topped with a white sauce and then covered with egg and bacon.

Whole Grain Muffin

Whole grain Muffins made from scratch in different varieties like chocolate chip, blueberry, strawberry and banana.



ALA-CARTE

Hash Brown

Yogurt Parfait

Yogurt layered with fillings and then topped with granola. Includes assorted berries.

Peanut Butter & Jelly Parfait

Yogurt layered with fillings and then topped with granola. Includes peanut butter & jelly.

Peanut Butter Overnight Oats

Creamy oats soaked overnight with milk, yogurt, honey & chia seeds. Includes peanut butter.

Berry Overnight Oats

Creamy oats soaked overnight with milk, yogurt, honey & chia seeds. Includes assorted berries.

Assorted Whole Grain Cereals



WEEKLY SPECIAL

Breakfast Casserole

Potato, sausage, egg and cheddar cheese with light buttery biscuits baked into a casserole.

WHAT MAKES A COMPLETE MEAL:

A food item is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal.

P PROTEIN **G** GRAIN **V** VEGETABLES **F** FRUIT **D** DAIRY

- Choose 3-5 items (one must be a **FRUIT** or **VEGGIE**):
- Up to 2 **FRUIT** and/or **VEGETABLES** every day
- 1% white **MILK** or non-fat chocolate **MILK**

