



RISE & SHINE ENTREES

French Toast

Homemade whole grain 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.

Yogurt Parfait

Yogurt layered with fillings and then topped with granola. Comes in Berry or Peanut Butter & Jelly.

Overnight Oats

Creamy oats soaked overnight with milk, yogurt, honey & chia seeds. Comes in Peanut butter or Berry

Assorted Whole Grain Cereals



WEEKLY SPECIAL

Biscuits & Gravy

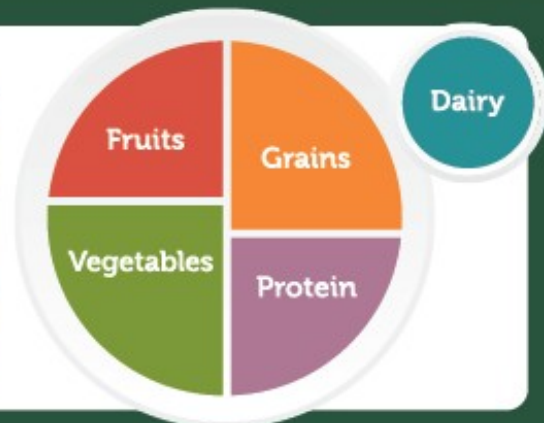
A light buttery and fluffy biscuit smothered with homemade sausage gravy.

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**



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Chicken Biscuit

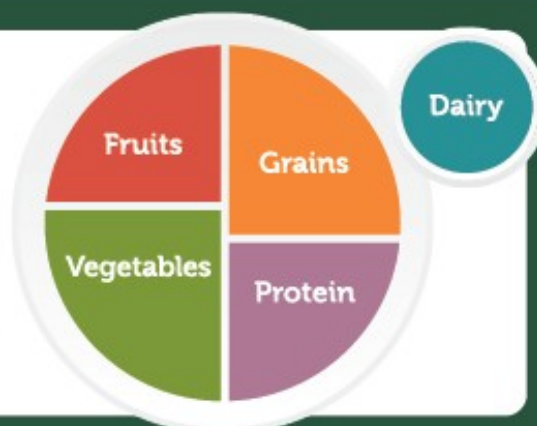
A whole grain chicken slider on a light buttery and fluffy biscuit.

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