Breakfast Choices

CONTINENTAL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruit						
♥Hot Grits	♥Hot Oatmeal	♥ Bran Flakes	♥ Hot Grits	♥Bran Flakes	♥Hot Oatmeal	♥Hot Oatmeal
♥Whole Wheat Bread	Breakfast Cake or	♥ Whole Wheat Bread				
and ♥Jelly (2)	♥Whole Wheat Bread	and ♥Jelly (2)				
♥Sugar Substitute Pks	and ♥Jelly (2)	♥Sugar Substitute Pks				
♥Margarine Pat	♥Sugar Substitute Pks	♥Margarine Pat				
♥Skim Milk	♥Margarine Pat	♥Skim Milk				
Coffee	♥Skim Milk	Coffee				

Dry Cereal may be served in Satellite Serving Areas in place of Hot Cereal

MIXED CONTINENTAL/HOT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruit	♥Fruit	♥Fruit	♥Fruit	♥Fruit	∀ Fruit	♥Fruit
♥Hot Grits	♥Hot Oatmeal	♥Bran Flakes	♥Hot Oatmeal	♥Bran Flakes	♥Hot Oatmeal	♥Hot Oatmeal
♥Whole Wheat Bread	Cream Gravy	Breakfast Cake or	Pancakes	Breakfast Cake or	French Toast	♥ Whole Wheat Bread
and ♥Jelly (2)	Oven Brown Potatoes or	♥Whole Wheat Bread	W/ Syrup or	♥Whole Wheat Bread	W/ Syrup or	and ♥Jelly (2)
♥Margarine Pat	♥ Boiled Potatoes	and ♥Jelly (2)	♥Whole Wheat Bread	and ♥Jelly (2)	♥Whole Wheat Bread	♥Sugar Substitute Pks
♥Sugar Substitute Pks	Biscuits or	♥Sugar Substitute Pks	and ♥Jelly (2)	♥Sugar Substitute Pks	and ♥Jelly (2)	♥Margarine Pat
♥Skim Milk	♥Whole Wheat Bread	♥Margarine Pat	♥Sugar Substitute Pks	▼ Margarine Pat	♥Sugar Substitute Pks	♥Skim Milk
Coffee	and ♥Jelly (2)	♥Skim Milk	♥Margarine Pat	♥Skim Milk	♥Margarine Pat	Coffee
	♥Sugar Substitute Pks		♥Skim Milk		♥Skim Milk	
	♥ Margarine Pat				Α	
	♥Skim Milk					

Dry Cereal may be served in Satellite Serving Areas in place of Hot Cereal

HOT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥Fruit	♥Fruit	♥Fruit	♥Fruit	♥Fruit	♥Fruit	♥Fruit
♥Bran Flakes	♥Hot Oatmeal	♥Hot Grits	♥Hot Oatmeal	♥Hot Grits	♥Hot Oatmeal	♥Bran Flakes
Breakfast Cake or	Cream Gravy	French Toast	Pancakes	♥Boiled Eggs	French Toast	Breakfast Cake or
♥Whole Wheat Bread	Oven Brown Potatoes or	W/ Syrup or	W/ Syrup or	Hash Brown Potatoes or	W/ Syrup or	♥ Whole Wheat Bread
and ♥Jelly (2)	♥ Boiled Potatoes	♥Whole Wheat Bread	♥Whole Wheat Bread	♥ Boiled Potatoes	♥Whole Wheat Bread	and ♥Jelly (2)
♥Sugar Substitute Pks	Biscuits or	and ♥Jelly (2)	and ♥Jelly (2)	♥Whole Wheat Bread	and ♥Jelly (2)	♥Sugar Substitute Pks
♥Margarine Pat	♥Whole Wheat Bread	♥Sugar Substitute Pks	♥Sugar Substitute Pks	and ♥Jelly (2)	♥Sugar Substitute Pks	♥Margarine Pat
♥Skim Milk	and ♥Jelly (2)	♥Margarine Pat	♥Margarine Pat	♥Sugar Substitute Pks	♥Margarine Pat	♥Skim Milk
Coffee	♥Sugar Substitute Pks	♥Skim Milk	♥Skim Milk	♥Margarine Pat	♥Skim Milk	Coffee
	♥Margarine Pat			♥Skim Milk		
	♥Skim Milk					

Dry Cereal may be served in Satellite Serving Areas in place of Hot Cereal