

FAMU DRS BREAKFAST MENU 2017-2018

DAILY MENU

<p>MONDAY Choose 1 item: French Toast Sticks Assorted Cereal</p> <p>2</p>	<p>TUESDAY Choose 1 item: W/G Pancake Assorted Cereal</p> <p>3</p>	<p>WEDNESDAY Choose 1 item: Grits Scrambled Eggs Biscuit Assorted Cereal</p> <p>4</p>	<p>THURSDAY Choose 1 item: Chicken or Sausage Biscuit Assorted Cereal</p> <p>5</p>	<p>FRIDAY Choose 1 item: W/G Muffin Cinnamon or Strawberry Pop Tart</p> <p>6</p>
<p>MONDAY Choose 1 item: French Toast Sticks Assorted Cereal</p> <p>9</p>	<p>TUESDAY Choose 1 item: W/G Pancake Assorted Cereal</p> <p>10</p>	<p>WEDNESDAY Choose 1 item: Grits Scrambled Eggs Biscuit 11 Assorted Cereal</p> <p>11</p>	<p>THURSDAY Choose 1 item: Chicken or Sausage Biscuit Assorted Cereal</p> <p>12</p>	<p>FRIDAY Choose 1 item: W/G Muffin Cinnamon or Strawberry Pop Tart</p> <p>13</p>
<p>MONDAY Choose 1 item: French Toast Sticks Assorted Cereal</p> <p>16</p>	<p>TUESDAY Choose 1 item: W/G Pancake Assorted Cereal</p> <p>17</p>	<p>WEDNESDAY Choose 1 item: Grits Scrambled Eggs Biscuit 18 Assorted Cereal</p> <p>18</p>	<p>THURSDAY Choose 1 item: Chicken or Sausage Biscuit Assorted Cereal</p> <p>19</p>	<p>FRIDAY Choose 1 item: W/G Muffin Cinnamon or Strawberry Pop Tart</p> <p>20</p>
<p>MONDAY Choose 1 item: French Toast Sticks Assorted Cereal</p> <p>23</p>	<p>TUESDAY Choose 1 item: W/G Pancake Assorted Cereal</p> <p>24</p>	<p>WEDNESDAY Choose 1 item: Grits Scrambled Eggs Biscuit Assorted Cereal</p> <p>25</p>	<p>THURSDAY Choose 1 item: Chicken or Sausage Biscuit Assorted Cereal</p> <p>26</p>	<p>FRIDAY Choose 1 item: W/G Muffin Cinnamon or Strawberry Pop Tart</p> <p>27</p>

CHOOSE UP TO 2 FRUIT SERVINGS DAILY: Fresh Fruit and Chilled Fruit Cup or Fresh Fruit and 100 % Juice or Chilled Fruit cup and 100% Juice or Two Fresh fruit Cup.

Complete meals must include three items of which one must be Fruit or juice.

We encourage you to receive a complete Breakfast daily. THREE IS GOOD: FIVE IS BEST:

WE OFFER DAILY FOR BREAKFAST: CHOOSE 1

4 oz. cup Danimal NON FAT Yogurt- Strawberry

W/G CEREAL 1 oz: Cheerios, Honey Nut Cheerios, Tix, Cinnamon Toast Crunch, Golden Graham

W/G Pop-Tart 1.6 oz: Cinnamon and Strawberry or W/G Muffin

Hot Oatmeal with Topping of brown sugar or cinnamon (Fall/Winter months)

Fruit/Juice:

FRESH FRUIT: banana, melons, tangerine, oranges, grapes, berries and pineapple.

CHILLED FRUIT CUP: Diced Apricot, Applesauce, Diced Pears.

100 % JUICE (4 oz.): Orange, Grape, Apple, Pineapple-orange.

CHOOSE ONE 8 oz. SERVING DAILY: Milk: 1% low fat White Milk or Fat free Chocolate Milk

FOOD ALLERGY/FOOD ALTERNATES:

We provide for our students with special food needs an accommodating menu.

VEGETARIAN MEALS provided daily. Salads, Hot plates, Wraps . (reference menus)

**THE BREAKFAST
CLUB**