

FAMU DRS BREAKFAST MENU 2018-2019

DAILY MENU

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

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 Yoplait NON FAT Yogurt- Strawberry, Raspberry

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)

Hard Boiled Eggs w/ Bread Choice

Nutri-Grain Bar Apple and Strawberry

Mini Bread Loaves: Banana W/W, Blueberry W/W, Mini Waffle Cinnamon

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)