

## BREAKFAST

( ) represent the grams of Carbohydrates (CHOs)

*If your doctor has prescribed a modified diet, some items may not be allowed.*

### MAIN FARE

Pancakes (9)  
 French Toast (17)  
 Omelets: (Ham, Cheese, Veggies)  
 Eggs



### SIDES

Breakfast Potatoes (17)  
 Bacon Slice  
 Turkey Sausage  
 Pork Sausage  
 Biscuits (19)  
 Plain Bagel (42)  
 English Muffin (23)  
 Blueberry Muffin (22)  
 Yogurt (20)

### COLD CEREALS



Frosted Flakes® (25)  
 Corn Flakes® (18)  
 Rice Krispies® (16)

Cheerios® (14)  
 Special K® (13)  
 Raisin Bran® (27)

### HOT CEREALS

Grits (21)  
 Oatmeal (16)  
 Cream of Wheat (11)

### JUICES

Grape (21)  
 Orange (19)  
 Apple (19)  
 Cranberry (23)

### FRUITS

Apple (18)  
 Orange (16)  
 Banana (22)  
 Fresh Fruit Cup (11)  
 Applesauce (14)  
 Peach Slices (15)  
 Pear Halves (17)



***Call 2-3892 to place your menu order!***