



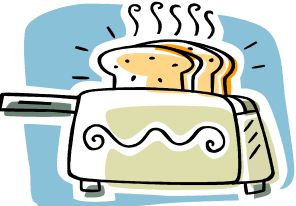


# Garden Grill Breakfast



Hot breakfast will be available daily from 7am to 7:45am. 7:45 to 8:05 Grab n Go Breakfast will be available in the Zen Zone. NO hot food will be served after 7:45am, this will help to insure that all students will arrive prepared for class on time.

All meals include **ONLY ONE ITEM** from each **Box**.

All students **Healthy Well Balanced Breakfast** must include 3 food groups.

Box 1	Box 2	Box 3	Box 4
<b>Grains/Breads</b>	<b>Fruits and Vegetables</b>	<b>Meat or Meat Alternate</b>	<b>Diary</b>
<b>Food Group 1</b>	<b>Food Group 2</b>	<b>Food Group 3</b>	<b>Food Group 4</b>
Whole Grain Pancakes	100% Orange Juice	Scrambled Eggs	1% Low Fat Milk
Waffles	100% Apple Juice	Hard Boiled Eggs	Lactose Free Milk
French Toast	100% Vegetable Juice	Low fat Yogurt	
Hot Oatmeal	100% Wild Berry Juice	Low fat Cottage Cheese	
Assorted Box Cereal	Applesauce	Part Skim Sliced Cheese	
Granola	Raisins	Peanut Butter	
Whole Wheat Bread	<b>Seasonal Fresh Fruit:*</b>	Seeds and Nuts	
Whole Grain White Bread	Pineapple		
Assorted Bagels	Plum		
	Mango		
	Apple		
	Orange		
	Banana		
	Cantaloupe		
	Honeydew Melon		
	Grape		
	Watermelon		
	Kiwi		
	Strawberries		
			

## Extra Items

<b>Extra Milk or Juice</b>	<b>All Other Extra Items</b>
\$0.50	\$1.00

## Breakfast Price List

Free	Reduced	Student	Adult
\$0.00	\$0.30	\$1.50	\$2.00

\*Seasonal fresh fruit will vary