

Please call extension 3663 to place your order and allow 45 minutes for delivery.

*Number in parenthesis (#) indicates carbohydrate count.
(1 serving = 15 grams carbohydrate)*

♥ *Heart Healthy selection*

♠ *Renal selection*

GF *Gluten-free selection*

* *Gluten-free bread, buns and pasta are available upon request.*

VG *Vegan selection*



Breakfast *Served all day!*

SPECIALTIES

Cheese Omelet GF

Two eggs folded over melted cheddar cheese. Choice of toppings: bell peppers, mushrooms

Heart Healthy Omelet ♥♠GF

Low cholesterol eggs. Choice of toppings: bell peppers, mushrooms

Ham, Egg, & Cheese Breakfast Sandwich (1.5)

Light and fluffy scrambled eggs served with ham and cheese on a whole wheat English muffin.

Whole Grain

Buttermilk Pancakes (1.5) ♥♠

Traditional syrup (2) or diet syrup (0)

Whole Grain French Toast (3) ♥

Dipped in egg and milk mixture.

Traditional syrup (2) or diet syrup (.25)

Fresh Fruit, Yogurt & Granola Parfait (3.75) ♥

Seasonal fresh fruit layered with creamy yogurt and crunchy granola.

EGGS & SIDES GF

Scrambled eggs ♥♠

Hard boiled eggs ♥♠

Bacon

Sausage links

Turkey sausage

Hash browned potatoes (1) ♥ VG

Salsa ♥ VG

A LA CARTE FRUIT ♥GF VG

Applesauce (1) ♠

Pears (1) ♠

Peaches (1) ♠

Orange (1)

Banana (2)

Apple (1) ♠

Fresh fruit cup (1)

Prunes (1.25)

YOGURT (1) ♥GF

Strawberry

Peach

Vanilla

Lemon

Plain Greek (.5)

BREAKFAST BREADS

White toast (1) ♥♠

Wheat toast (.75) ♥

Plain bagel (3)

Whole wheat English muffin (1.5) ♥

Biscuit (2)

Muffins (2)

Blueberry, Bran, Corn

Whole wheat flour tortilla (2)

CEREAL ♥

Oatmeal (1.5) VG

Cream of Wheat (1) ♠ VG

Rice Krispies (1) ♠ VG

Special K (1) ♠ VG

Cheerios (1) ♠ GF VG

Corn flakes (1) ♠ VG

Raisin bran (2) VG

Rice Chex (1) ♠ GF VG

Granola (1.5)

CEREAL TOPPINGS ♥GF VG

Raisins (2)

Brown sugar (2) ♠

Syrup (2) ♠

Diet syrup (.25) ♠