

## Sample Grab n' Go/Satellite Breakfast Menu



| <b>Monday</b>                                      | <b>Tuesday</b>                                  | <b>Wednesday</b>                                | <b>Thursday</b>  | <b>Friday</b>                                   |
|--|---|---|--|---|
| Fruit Strudel<br>Fruit<br>Fruit Juice<br>Milk      | Sausage Biscuit<br>Fruit<br>Fruit Juice<br>Milk | Cinnamon Pastry<br>Fruit<br>Fruit Juice<br>Milk | Whole Grain-rich Donut<br>Fruit<br>Fruit Juice<br>Milk | Chicken Biscuit<br>Fruit<br>Fruit Juice<br>Milk |
| Pancake on a Stick<br>Fruit<br>Fruit Juice<br>Milk | Sausage Biscuit<br>Fruit<br>Fruit Juice<br>Milk | Cinnamon Pastry<br>Fruit<br>Fruit Juice<br>Milk | Whole Grain-rich Donut<br>Fruit<br>Fruit Juice<br>Milk | Chicken Biscuit<br>Fruit<br>Fruit Juice<br>Milk |
| Mini Pancakes<br>Fruit<br>Fruit Juice<br>Milk      | Sausage Biscuit<br>Fruit<br>Fruit Juice<br>Milk | Cinnamon Pastry<br>Fruit<br>Fruit Juice<br>Milk | Whole Grain-rich Donut<br>Fruit<br>Fruit Juice<br>Milk | Chicken Biscuit<br>Fruit<br>Fruit Juice<br>Milk |
| Fruit Strudel<br>Fruit<br>Fruit Juice<br>Milk      | Sausage Biscuit<br>Fruit<br>Fruit Juice         | Cinnamon Pastry<br>Fruit<br>Fruit Juice<br>Milk | Whole Grain-rich Donut<br>Fruit<br>Fruit Juice<br>Milk | Chicken Biscuit<br>Fruit<br>Fruit Juice<br>Milk |

<sup>1</sup> A variety of fruit and 100% juice is offered daily.

<sup>2</sup> A variety of low fat unflavored and fat free flavored milk is offered daily.