



# Avalon Square Breakfast Menu

## Daily Breakfast Specials

Monday, July 15	Hot Cereal of the Day:	Oatmeal
	Breakfast Entrée Special:	Denver Egg Bake, Hashbrowns, Toast, Fruit
Tuesday, July 16	Hot Cereal of the Day:	Oatmeal
	Breakfast Entrée Special:	French Toast, Sausage, Fruit
Wednesday, July 17	Hot Cereal of the Day:	Oatmeal
	Breakfast Entrée Special:	Egg, Ham and Cheese Croissant, Fruit
Thursday, July 18	Hot Cereal of the Day:	Oatmeal
	Breakfast Entrée Special:	Pancake w/Syrup, Bacon, Fruit
Friday, July 19	Hot Cereal of the Day:	Oatmeal
	Breakfast Entrée Special:	Cheesy Scrambled Eggs, Ham, Raisin Toast, Fruit
Saturday, July 20	Hot Cereal of the Day:	Oatmeal
	Breakfast Entrée Special:	Belgian Waffle w/syrup, Sausage Patty, Fruit,
Sunday, July 21	Hot Cereal of the Day:	Oatmeal
	Breakfast Entrée Special:	Scrambled Eggs, Bacon, Raisin Toast, Fruit

## Everyday Breakfast Items

From the Bread Box	Toasted Items:	English Muffin Bagel with Cream Cheese Whole wheat, White, or Cinnamon Raisin bread
From the Pantry	Whole fruit:	Apple, Orange or Banana
	Cold Cereal:	Cheerios, Honey Nut Cheerios, Rice Chex, Raisin Bran, Cinnamon Toast Crunch
From the Icebox	Yogurt:	Peach, Strawberry, or Raspberry
	Fruit:	Fresh-cut Mixed Fruit
From the Grill	Eggs:	Any style - One, Two or Three Eggs Hardboiled Eggs (Served cold)
	Omelets:	Denver (Ham, green/red pepper, onion, & cheese) Cheese (American, Swiss, or cheddar) or Plain
	Griddle Items:	Pancakes (Short stack), French Toast, Belgian Waffle Hash browns
	Meat Items:	Sausage patty or links, Bacon, Ham

## Beverage Options

One hot beverage and one cold beverage offered per meal

Cold	Juice: Orange, Apple, Cranberry, Prune or Tomato, Milk: Skim or 2%
Hot	Coffee or Decaf, Tea: Green, Black or Decaf