



Avalon Square Breakfast Menu

Daily Breakfast Specials

| | | |
|-------------------------|---------------------------|---|
| Monday, August 12 | Hot Cereal of the Day: | Oatmeal |
| | Breakfast Entrée Special: | Scrambled Eggs, Sliced Ham, Toast, Fruit |
| Tuesday, August 13 | Hot Cereal of the Day: | Oatmeal |
| | Breakfast Entrée Special: | Hard Boiled Eggs, Yogurt w/Granola, Cinnamon Swirl Toast, Fruit |
| Wednesday, August 14 | Hot Cereal of the Day: | Oatmeal |
| | Breakfast Entrée Special: | Scrambled Eggs, Sausage Patty, Buttermilk Biscuit, Fruit |
| Thursday, August 15 | Hot Cereal of the Day: | Oatmeal |
| | Breakfast Entrée Special: | Pancake w/Syrup, Bacon, Fruit |
| Friday, August 16 | Hot Cereal of the Day: | Oatmeal |
| | Breakfast Entrée Special: | Fried Egg, Smoked Sausage, Toast, Fruit |
| Saturday, August 17 | Hot Cereal of the Day: | Oatmeal |
| | Breakfast Entrée Special: | Waffle w/syrup, Sliced Baked Ham, Fruit |
| Sunday, August 18 | Hot Cereal of the Day: | Oatmeal |
| | Breakfast Entrée Special: | Cheese Omelet, Hashbrowns, Bacon, Toast, Fruit |

Everyday Breakfast Items

| | | |
|--------------------|----------------|--|
| From the Bread Box | Toasted Items: | English Muffin Whole Wheat, White, Rye, or Cinnamon Raisin bread |
| From the Pantry | Whole fruit: | Apple, Orange or Banana |
| | Cold Cereal: | Raisin Bran, Rice Krispies, Corn Pops, Apple Jacks, Frosted Mini Wheats, Fruit Loops, Krave |
| From the Icebox | Dairy: | Yogurt: Peach, Strawberry, or Raspberry Cottage Cheese |
| | 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 |

Beverage Options

One hot beverage and one cold beverage offered per meal

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