



Avalon Square Breakfast Menu

Daily Breakfast Specials

Monday, September 30	Hot Cereal of the Day:	Oatmeal
	Breakfast Entrée Special:	Scrambled Eggs, Sliced Ham
Tuesday, October 1	Hot Cereal of the Day:	Oatmeal
	Breakfast Entrée Special:	French Toast w/ Syrup and Sausage
Wednesday, October 2	Hot Cereal of the Day:	Oatmeal
	Breakfast Entrée Special:	Cheese Omelet, Toast
Thursday, October 3	Hot Cereal of the Day:	Oatmeal
	Breakfast Entrée Special:	Fried Egg & Cheese Sandwich
Friday, October 4	Hot Cereal of the Day:	Oatmeal
	Breakfast Entrée Special:	Ham & Cheese Omelet, Hashbrowns, Toast
Saturday, October 5	Hot Cereal of the Day:	Oatmeal
	Breakfast Entrée Special:	Hard Boiled Eggs, Yogurt w/Granola, Raisin Toast
Sunday, October 6	Hot Cereal of the Day:	Oatmeal
	Breakfast Entrée Special:	Cheesy Scrambled Eggs, Bacon, Toast

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