

# GIHS Breakfast Menu

## Breakfast Option #1

### Choose 1 small item:

- Bagel
- Small Muffin/Mini Loaf/ Bun
- UBR breakfast cookie
- Rice Krispie Chewy Granola Bar
- Pop Tart
- 4 oz Yogurt

### AND, choose 1:

- Cereal Bowl
- Scooby/Graham Snax
- Cheese Stick

### AND,

- 1/2 pint Assorted Milk

### AND,

- Choose: 4 oz. Juice Cup AND/OR 1 piece of Fresh Fruit or Fruit Cup

**\*\*YOU MUST TAKE 3 OR 4 ITEMS AND 1 MUST BE A JUICE OR FRUIT\*\***

## Breakfast Option #2

### Choose 1 large item:

- Powder Donuts
- Benefit Bar
- Cinni Mini
- Fruedel
- Breakfast Flatbread
- PBJ Wafer Bar
- Large Honey Bun
- Large Muffin

**AND/OR,** 1/2 pt asst. Milk of your Choice

**AND, Choose 1 or 2:** 4 oz Juice Cup AND/OR 1 pc Fresh Fruit or Fruit Cup

**\*YOU MUST TAKE 2 or 3 ITEMS & 1 MUST BE A JUICE OR FRUIT\***

*Cereal is not included on option 2 menu.*