



Avalon Square Breakfast Menu

Daily Breakfast Specials

Sunday, January 29th	Hot Cereal of the Day:	Oatmeal
	Breakfast Entrée Special:	Scrambled Eggs, Ham, Toast
Monday, January 30th	Hot Cereal of the Day:	Cream of Wheat
	Breakfast Entrée Special:	Cheese & Sausage Egg Bake
Tuesday, January 31st	Hot Cereal of the Day:	Oatmeal
	Breakfast Entrée Special:	French Toast w/Bacon
Wednesday, February 1st	Hot Cereal of the Day:	Oatmeal
	Breakfast Entrée Special:	Denver Sandwich
Thursday, February 2nd	Hot Cereal of the Day:	Oatmeal
	Breakfast Entrée Special:	Belgium Waffle w/syrup, Bacon
Friday, February 3rd	Hot Cereal of the Day:	Cream of Wheat
	Breakfast Entrée Special:	Pancakes w/syrup, Sausage
Saturday, February 4th	Hot Cereal of the Day:	Oatmeal
	Breakfast Entrée Special:	Fried Egg, Bacon & Toast

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 Coffee – Tea: Green, Decaf or Regular