



Avalon Square - Commons Breakfast Menu

Daily Breakfast Specials

Sunday, May 2	Hot Cereal of the Day: Malto Meal
	Breakfast Entrée Special: Waffle w/Syrup & Sausage, Juice , Fruit
Monday, May 3	Hot Cereal of the Day: Cream of Wheat
	Breakfast Entrée Special: Cheese Omelet w/Grilled Ham, Toast, Juice , Fruit
Tuesday, May 4	Hot Cereal of the Day: Oatmeal
	Breakfast Entrée Special: Bacon & Cheese Frittata, Toast, Fruit, Juice
Wednesday, May 5	Hot Cereal of the Day: Malto Meal
	Breakfast Entrée Special: Scrambled Eggs , Ham & Cheese on a Biscuit, Fruit, Juice
Thursday, May 6	Hot Cereal of the Day: Oatmeal
	Breakfast Entrée Special: Pancake w/Syrup & Bacon, Fruit, Juice
Friday, May 7	Hot Cereal of the Day: Cream of Wheat
	Breakfast Entrée Special: Cheesy Scrambled Eggs w/Ham, Toast, Fruit, Juice
Saturday, May 8	Hot Cereal of the Day: Oatmeal
	Breakfast Entrée Special: Fried Egg w/Hash Browns, Toast, Fruit, Juice

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

