

# CAMP HAIASTAN ONE WEEK CYCLE BREAKFAST MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
French Toast Sticks w/ Syrup & Sausage  <u>Daily Breakfast Bar:</u> -Oatmeal -Yogurt -Bananas -Assorted Cereals -Juice and/or Milk	"Meat Lovers" OR Vegetarian Omelet Breakfast Bake w/ Toast: Eggs, Cheese, Sausage & Bacon bits OR Eggs, Cheese, Mushrooms, Green Peppers & Onions <u>Daily Breakfast Bar:</u> -Oatmeal -Yogurt -Assorted Fresh Berries -Assorted Cereals -Juice and/or Milk	Pancakes: Blueberry, Plain or Chocolate Chip w/ Syrup & Bacon  <u>Daily Breakfast Bar:</u> -Oatmeal -Yogurt -Apples -Assorted Cereals -Juice and/or Milk	Bagels w/ Cream Cheese or Butter, Scrambled Eggs & Bacon  <u>Daily Breakfast Bar:</u> -Oatmeal -Yogurt -Oranges -Assorted Cereals -Juice and/or Milk	Waffles w/ Syrup & Sausage  <u>Daily Breakfast Bar:</u> -Oatmeal -Yogurt -Bananas -Assorted Cereals -Juice and/or Milk	Fruit, Yogurt & Granola Parfait OR Leftovers  <u>Daily Breakfast Bar:</u> -Oatmeal -Yogurt -Assorted Fresh Berries -Assorted Cereals -Juice and/or Milk	Breakfast Sandwich: Egg & Cheese/Bacon Egg & Cheese on English Muffin  <u>Daily Breakfast Bar:</u> -Oatmeal -Yogurt - Apples -Assorted Cereals -Juice and/or Milk