# Continental Breakfast Menu

**Fall 2023**

## Cereals
- Cheerios
- Rice Krispies
- Corn Flakes
- Lucky Charms
- Fruit Loops
- Granola
- Oatmeal Packets
- Grits Packets

## Pastries
- Mini Muffins
- Mini Danish
- Donut Holes

## Breads & Spreads
- White Bread For Toast
- Wheat Bread For Toast
- Rye Bread For Toast
- English Muffins
- Bagels
- Toast-Your-Own Eggo
- Waffles
- Butter
- Sunflower Butter
- Grape Jelly
- Strawberry Jelly
- Peanut Butter Singles

## Fruits
- Apples
- Oranges
- Bananas
- Mandarin Oranges
- Peach Slices
- Pear Sections
- Raisins
- Applesauce

## Proteins
- Plain Yogurt
- Strawberry Yogurt
- Cottage Cheese
- Hard Boiled Eggs
- Quinoa Salad
- Garbanzo Beans
- Sunflower Seeds
- Chia Seeds
- Avocado
- Cubed Cheese

## Beverages
- Coffee
- Decaf
- Hot Tea
- Hot Chocolate
- Orange Juice
- Apple Juice
- Cranberry Juice
- Whole Milk
- Skim Milk
- Chocolate Milk
- Pepsi
- Diet Pepsi
- Root Beer
- Orange Soda
- Starry
- Mountain Dew
- Lemonade
- Iced Tea