CIT Career Institute of Technology

Honey Bun
Strawberry Cheese Bagel

GOOD MORNING BREAKFAST

2023-2024

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal Bar	**Honey Bun**	**Pop-Tart**	**Cinnamon Roll**	**WG Muffin**
(FLAVORS)		**(FLAVORS)**		**(FLAVORS)**
Trix		**Strawberry**		**Chocolate**
Golden Graham		**Blueberry**		**Apple**
Cheerios		**Cinnamon**		**Banana**
Cinnamon Toast				**Blueberry**

(Offered Daily: Cereal Bar, Honey Bun, Pop-Tart, Cinnamon Roll, Muffin and Strawberry Cheese Bagel)

YOU MUST Choose (1) Grain Item from Above

MAXIMUM BREAKFAST is (4) ITEMS

(1) Item must be Fruit / You can have **(2)** Fruits

Grain/Protein/Protein/Fruit or Grain/Protein/Fruit/Fruit

MINIMUM BREAKFAST is (3) ITEMS

(1) Item must be Fruit

Grain/Protein/Fruit or Grain/Fruit/Fruit

PROTEIN	FRUIT
String Cheese	Banana
White Milk	Apple Juice
Chocolate Milk	Orange Juice

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USDA and this Institution are Equal Opportunity Providers. Menu is Subject to Change