

6-15-23

Breakfast Menu

Farm Fresh Eggs

**Eggs any Style, Plain Omelet, Cheese Omelet, Vegetable Omelet
Egg Beater Omelet♥, Poached Egg on Toast**

French Toast or Pancakes

**Old Fashion French Toast, Hash Browns, Buttermilk Pancakes, Blueberry
Pancakes**

Breakfast Meats

Bacon*, Pork Sausage*, sliced Ham*

Toasted Bread

**White, Whole Wheat, Rye, Cinnamon Raisin Bread, Plain Bagel
Cinnamon Raisin Bagel, English Muffin**

Breakfast Sides

Seasonal Fruit♥, Cottage Cheese, Stewed Prunes, Banana♥, Yogurt♥

Cereal

**Corn Flakes, Cheerios Crunch, Raisin Bran, Honey Nut Cheerios
Heart to Heart♥, Hot Oatmeal, Hot Cream of Rice**

Independence Manor

Beverages

**Orange Juice, Cranberry Juice, Apple Juice, sweetened Ice Tea☝ Skim
Milk♥, Lactose Free Milk♥, Prune Juice♥, Coffee, Decaffeinated Coffee
Lemonade, Cola, diet Cola, Ginger ale reg/diet**

Condiments Available

**Maple Syrup, Sugar Free Syrup☝, Butter, Margarine♥, Assorted Jelly
Sugar Free Jelly☝, Peanut Butter♥**



Heart Healthy Item



High In Sodium Item



CCD Diet Recommended Item