6:15-6:30 AM	X.12-Χ.311 ΔΙ//
	☐ 8:15-8:30 AM ☐ 8:30-8:45 AM
6:30-6:45 AM 6:45-7:00 AM	□ 8:45-9:00 AM
1 6:45-7:00 AM 1 7:00-7:15 AM	□ 9:00-9:15 AM
1 7:00-7:15 AM 1 7:15-7:30 AM	□ 9:15-9:30 AM
17:15-7:30 AM	□ 9:30-9:45 AM
1 7:45-8:00 AM	☐ 9:45-10:00 AM
ther preferred time:	-lie helevi
ease indicate quantity in the blar	nks below.
UICE	
Orange Apple	Grapefruit
Prune V8	Cranberry
Smoothie of the day	
ALL IV DV THE CLASS	
MILK BY THE GLASS	Soy Almond
Whole Skim	Soy Almond
RESH FRUIT	
Half grapefruit Melor	in season Orange
Pineapple Banar	ia
OGURT	
Plain Fruit	_ Low-fat Greek
HOT & COLD CEREAL	
Corn flakes Old-	fashioned natmeal
Corn flakes	am of wheat Granola
Homemade muesii Crea	ann of wheat Granola
Served with:	
Whole Skim	Soy Almond
PASTRY	
	Blueberry muffin
Pain au chocolat Choco	
Palli au Chocolat — Choco	att mann
All bran muffin	
All bran muffin	
All bran muffin BREAD T=Toasted (please circl	e)
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All bran muffin BREAD T=Toasted (please circle Gluten-free bread available upon requestry White T Whole English muffin T Sliced COLD SELECTION Smoked Norwegian salmon [†]	e) wheat T Plain bagel T baguette T cream cheese, red onion, capers
All bran muffin BREAD T=Toasted (please circle Gluten-free bread available upon requestion White T Whole English muffin T Sliced COLD SELECTION Smoked Norwegian salmon† Country Style Breakfast Platter	e) wheat T Plain bagel T baguette T cream cheese, red onion, capers
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Guest Name