

XLATHLETE

• Fast Food Breakfast Options

	 	
-Biscut -Egg McMuffin -English Muffin -Grape or Strawberry Jam -Scrambled Eggs -Fruit & Yogurt Parfait -Apple Slices -Fruit & Maple Oatmeal -Egg White Delight McMuffin	-Breakfast Ham -Chicken Filet -Folded Egg -Grape Jam -Pancake Platter -Pancake Syrup -Strawberry Jam -Tortilla Scramble	-Buttermilk Pancakes (2) -Chicken Sausage Patties (2) -Egg Whites (2) -English Muffin -Grilled Honey Ham Slice -Grits -Hearty Wheat Pancakes (3) -Low-Fat Yogurt -Oatmeal w/ 8oz Milk -Seasonal Fruit -Turkey Bacon Strips (2) -Two-Egg Breakfast

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-Sausage, Egg, & Cheese Muffin Sandwich -Sausage & Cheese Muffin Sandwich -Plain English Muffin -Scrambled Eggs -Fruit Topped Oatmeal -Regular Oatmeal -Apple Slices	-Bacon, Egg, Cheese, & Avocado Flatbread -Ham, Egg, Cheese & Avocado Flatbread -Turkey Brest, Egg, Cheese, & Avocado Flatbread -Grilled Chicken, Egg, Cheese, & Avocado Flatbread -Black Forest Ham, Egg, & Cheese Flatbread ** Could add Spinach, Tomatoes, Cucumbers, Onions, Peppers	-Harvest Grain 'N Nut Pancakes -Harvest Grain 'N Nut Pancakes w/ Blueberries & Banana -Eggs -Vegetable Omelet + meat -Garden Omelet -Spinach & Mushroom Omlett w/ NO Hollandaise -Oatmeal -Oatmeal w/ Super Fruit & Almonds and Walnuts -Seasonal Fruit
		
-Sausage, Egg, & Cheese On Ciabatta -Bacon, Egg, & Cheese On Ciabatta -Breakfast Power with Ham on Whole Grain -Power Breakfast Egg Bowl w/ Steak -Power Breakfast Egg White Bowl w/ Roasted Turkey -Steel Cut Oatmeal w/ Blueberries or Strawberries & Pecans -Summer Fruit Cup -Strawberry Granola Parfait	-Bacon, Egg, & Cheese Breakfast Sandwich -Ham, Egg, & Cheese Breakfast Sandwich -Sausage, Egg, & Cheese Breakfast Sandwich -Choose: Plain, Honey Grain, Multi-Grain, or Whole Wheat Bagels. * "Skinny Bagel" will reduce carbs of meal. -Egg White -Peanut Butter -Strawberry Jam	-Reduced Fat Turkey Bacon, Egg White, & Cheddar Breakfast Sandwich -Chicken Sausage Breakfast Wrap -Steel-Cut Oatmeal -Optional Blueberries -Optional Raisins -Ham & Cheddar Breakfast Sandwich -Spinach & Feta Breakfast Wrap -Greek Yogurt w/ Honey Parfait -Seasonal Harvest Fruit Blend