



Seventy Five State Street

BREAKFAST MENU

JUICES

Orange (120 cal)
Prune (180)
Tomato (45)
Cranberry (130)
Pineapple 6oz (100)
Apple (110)

FRUIT

1/2 Grapefruit (50 cal)
Prunes (80)
Banana (100)
Apple (95)
Orange (45)

MEAT

Sausage (200 cal)
Bacon (130)
Ham Steak (130)

BREADS

White/Wheat English
Muffin (130 cal)
White/Wheat Bread (90)
Cinnamon Raisin (150)
Muffin of the Day (150)
Bagels (Friday, 260)
French Toast (85)

HOT CEREAL

Oatmeal (Su/We/Sat,
75 cal)
Maypo (Tu/Fr, 270)
Cream Wheat (Mo/Th,
300)

CEREALS

All Bran (80 cal)
Total (80)
Honey Nut Cheerios (90)
Cheerios (60)
Cornflakes (70)
Frosted Mini Wheat (130)
Rice Krispies (70)
Special K (90)
Raisin Bran (130)

DAIRY

Skim Milk (40 cal)
1% Milk (55)
Lactaid Milk (45)
Yogurt (120)
Light & Fit Yogurt (80)

SPECIALS

Danish (Su, 140 cal)
Home Fries (Su, 150)
Muffins (M/Tu/Th/Fr, 150)
Pancakes (Wed WK 2&4, 80)
Donut (Wed WK 1&3, 200)

EGGS

Fried Egg (90 cal)
Cheese Omelet (130)
Hard Boiled (80)
Scrambled (100)
Egg Beaters (30)

Menu in effect Monday-Saturday with Sunday specials.

All calories listed are approximate. Margarine, butter, cream cheese, jam, syrup, etc.
will add additional calories to each item.