



TRAVERSE CITY ST. FRANCIS HIGH SCHOOL  
**POWER UP CAFE**

BREAKFAST SERVED FROM 7:00-10:00 am (EVERY DAY)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAYS (MEATLESS)
BAGEL SANDWICH {Egg, meat, cheese} \$3.50	MEAT & CHEESE OMELETTE \$3.50	BAGEL SANDWICH { egg, meat, cheese} \$3.50	BREAKFAST BURRITO \$3.50 or MEAT & CHEESE QUICHE \$2.50	FRENCH TOAST, WAFFLE or PANCAKES \$3.50
BACON/SAUSAGE/ CB HASH \$3.00	BACON/SAUSAGE/ CB HASH \$3.00	BACON/SAUSAGE/ CB HASH \$3.00	BACON/SAUSAGE/ CB HASH \$3.00	NO MEAT TODAY
FRUITED YOGURT W/GRANOLA \$2.00	FRUITED YOGURT W/GRANOLA \$2.00	FRUITED YOGURT W/GRANOLA \$2.00	FRUITED YOGURT W/GRANOLA \$2.00	FRUITED YOGURT W/GRANOLA \$2.00
FRUIT CUP \$3.00	FRUIT CUP \$3.00	FRUIT CUP \$3.00	FRUIT CUP \$3.00	FRUIT CUP \$3.00
BAGELS \$1.75	BAGELS \$1.75	BAGELS \$1.75	BAGELS \$1.75	BAGELS \$1.75
MUFFINS \$3.00	MUFFINS \$3.00	MUFFINS \$3.00	MUFFINS \$3.00	MUFFINS \$3.00
BREAKFAST POTATOES \$1.50	BREAKFAST POTATOES \$1.50	BREAKFAST POTATOES \$1.50	BREAKFAST POTATOES \$1.50	BREAKFAST POTATOES \$1.50
COFFEE \$1.50	COFFEE \$1.50	COFFEE \$1.50	COFFEE \$1.50	COFFEE \$1.50
HOT CHOCOLATE \$1.00	HOT CHOCOLATE \$1.00	HOT CHOCOLATE \$1.00	HOT CHOCOLATE \$1.00	HOT CHOCOLATE \$1.00
JUICE OR MILK \$0.75	JUICE OR MILK \$0.75	JUICE OR MILK \$0.75	JUICE OR MILK \$0.75	JUICE OR MILK \$0.75

**\*\*\* Bagels and Muffins are from Big Apple Bagels\*\*\***