

# ST. FRANCIS

## Power Up Café

BREAKFAST SERVED FROM 7:00-10:00am (EVERYDAY)

| MONDAY'S  | TUESDAY'S                                  | WEDNESDAY'S                                     | THURSDAY'S  | NO MEAT FRIDAY'S  |
|---|--|---|---|---|
| BAGEL SANDWICH<br>{Egg, meat, cheese}<br>\$3.50 | MEAT & CHEESE<br>OMELETTE<br>\$3.50        | BAGEL SANDWICH<br>{egg, meat, cheese}<br>\$3.50 | BREAKFAST<br>BURRITO \$3.50 or<br>MEAT & CHEESE<br>QUICHE<br>\$2.50 | CREPES,<br>FRENCH TOAST,<br>WAFFLE or<br>PANCAKES<br>\$3.50 |
| BACON<br>\$3.00                                 | SAUSAGE<br>\$3.00                          | BACON<br>\$3.00                                 | CB HASH<br>\$3.00   | No Meat Today   |
| FRUITED YOGURT<br>W/GRANOLA<br>\$3.00           | FRUITED YOGURT<br>W/GRANOLA<br>\$3.00      | FRUITED YOGURT<br>W/GRANOLA<br>\$3.00           | FRUITED YOGURT<br>W/GRANOLA<br>\$3.00                               | FRUITED YOGURT<br>W/GRANOLA<br>\$3.00                       |
| FRUIT CLAMSHELL<br>\$4.00                       | FRUIT CLAMSHELL<br>\$4.00                  | FRUIT CLAMSHELL<br>\$4.00                       | FRUIT CLAMSHELL<br>\$4.00   | FRUIT CLAMSHELL<br>\$4.00                                   |
| BIG APPLE PLAIN<br>BAGEL<br>\$2.00              | BIG APPLE PLAIN<br>BAGEL<br>\$2.00         | BIG APPLE PLAIN<br>BAGEL<br>\$2.00              | BIG APPLE PLAIN<br>BAGEL<br>\$2.00                                  | BIG APPLE PLAIN<br>BAGEL<br>\$2.00                          |
| JUMBO MUFFIN<br>\$3.50                          | JUMBO MUFFIN<br>\$3.50                     | JUMBO MUFFIN<br>\$3.50                          | JUMBO MUFFIN<br>\$3.50  | JUMBO MUFFIN<br>\$3.50                                      |
| BREAKFAST<br>POTATOES<br>\$1.50                 | BREAKFAST<br>POTATOES<br>\$1.50            | BREAKFAST<br>POTATOES<br>\$1.50                 | BREAKFAST<br>POTATOES<br>\$1.50                                     | BREAKFAST<br>POTATOES<br>\$1.50                             |
| G2 PROTEIN BAR<br>\$3.00                        | G2 PROTEIN BAR<br>\$3.00                   | G2 PROTEIN BAR<br>\$3.00                        | G2 PROTEIN BAR<br>\$3.00  | G2 PROTEIN BAR<br>\$3.00                                    |
| COFFEE/ HOT<br>CHOCOLATE<br>\$1.50/ \$1.00      | COFFEE/ HOT<br>CHOCOLATE<br>\$1.50/ \$1.00 | COFFEE/ HOT<br>CHOCOLATE<br>\$1.50/ \$1.00      | COFFEE/ HOT<br>CHOCOLATE<br>\$1.50/ \$1.00                          | COFFEE/ HOT<br>CHOCOLATE<br>\$1.50/ \$1.00                  |
| JUICE OR MILK(4oz)<br>\$0.75                    | JUICE OR MILK(4oz)<br>\$0.75               | JUICE OR MILK(4oz)<br>\$0.75                    | JUICE OR MILK(4oz)<br>\$0.75  | JUICE OR MILK(4oz)<br>\$0.75                                |