## 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   | SAUSAGE                             | BACON   | CB HASH   | No Meat Today   |
| \$3.00  | \$3.00                              | \$3.00  | \$3.00  |   |
| FRUITED YOGURT                                  | FRUITED YOGURT                      | FRUITED YOGURT                                  | FRUITED YOGURT  | FRUITED YOGURT  |
| W/GRANOLA                                       | W/GRANOLA                           | W/GRANOLA                                       | W/GRANOLA   | W/GRANOLA   |
| \$3.00  | \$3.00                              | \$3.00  | \$3.00  | \$3.00  |
| FRUIT CLAMSHELL                                 | FRUIT CLAMSHELL                     | FRUIT CLAMSHELL                                 | FRUIT CLAMSHELL   | FRUIT CLAMSHELL   |
| \$4.00  | \$4.00                              | \$4.00  | \$4.00  | \$4.00  |
| BIG APPLE PLAIN                                 | BIG APPLE PLAIN                     | BIG APPLE PLAIN                                 | BIG APPLE PLAIN   | BIG APPLE PLAIN   |
| BAGEL   | BAGEL                               | BAGEL   | BAGEL   | BAGEL   |
| \$2.00  | \$2.00                              | \$2.00  | \$2.00  | \$2.00  |
| JUMBO MUFFIN                                    | JUMBO MUFFIN                        | JUMBO MUFFIN                                    | JUMBO MUFFIN  | JUMBO MUFFIN  |
| \$3.50  | \$3.50                              | \$3.50  | \$3.50  | \$3.50  |
| BREAKFAST                                       | BREAKFAST                           | BREAKFAST                                       | BREAKFAST   | BREAKFAST   |
| POTATOES  | POTATOES                            | POTATOES  | POTATOES  | POTATOES  |
| \$1.50  | \$1.50                              | \$1.50  | \$1.50  | \$1.50  |
| G2 PROTEIN BAR                                  | G2 PROTEIN BAR                      | G2 PROTEIN BAR                                  | G2 PROTEIN BAR  | G2 PROTEIN BAR  |
| \$3.00  | \$3.00                              | \$3.00  | \$3.00  | \$3.00  |
| COFFEE/ HOT                                     | COFFEE/ HOT                         | COFFEE/ HOT                                     | COFFEE/ HOT   | COFFEE/ HOT   |
| CHOCOLATE                                       | CHOCOLATE                           | CHOCOLATE                                       | CHOCOLATE   | CHOCOLATE   |
| \$1.50/ \$1.00                                  | \$1.50/ \$1.00                      | \$1.50/ \$1.00                                  | \$1.50/ \$1.00  | \$1.50/ \$1.00  |
| JUICE OR MILK(4oz)                              | JUICE OR MILK(4oz)                  | JUICE OR MILK(4oz)                              | JUICE OR MILK(4oz)  | JUICE OR MILK(4oz)  |
| \$0.75  | \$0.75                              | \$0.75  | \$0.75  | \$0.75  |