



“New” quick grab and go Breakfast will be served on breakfast cart outside the gymnasium and also served in the Kitchen daily. Grab your FREE breakfast!!!

BREAKFAST IS FREE TO ALL PUTNAM STUDENTS

Breakfast Served Daily 7:10-7:25am

Monday	Tuesday	Wednesday	Thursday	Friday
Specials Entrées:	Special Entrées;	Special Entrées:	Special Entrées;	Special Entrées;
Bacon Egg and Cheese on English Muffin	Bacon Egg and Cheese on English Muffin	Sausage Egg Cheese on English Muffin	Sausage Egg Cheese on English Muffin	Wake Up Wrap: Ham Egg and Cheese
<ul style="list-style-type: none"> • Double Choc. Chip Muffin • Blueberry Muffin • Assorted WG Low Sugar Cereal • Chocolate Chip BeneFit Bar • Pumpkin Bread 	<ul style="list-style-type: none"> • Double Choc. Chip Muffin • Blueberry Muffin • Assorted WG Low Sugar Cereal • Chocolate Chip BeneFit Bar • Pumpkin Bread 	<ul style="list-style-type: none"> • Double Choc. Chip Muffin • Blueberry Muffin • Assorted WG Low Sugar Cereal • Chocolate Chip BeneFit Bar • Pumpkin Bread 	<ul style="list-style-type: none"> • Double Choc. Chip Muffin • Blueberry Muffin • Assorted WG Low Sugar Cereal • Chocolate Chip BeneFit Bar • Pumpkin Bread 	<ul style="list-style-type: none"> • Double Choc. Chip Muffin • Blueberry Muffin • Assorted WG Low Sugar Cereal • Chocolate Chip BeneFit Bar • Pumpkin Bread
Choose : Assorted Fresh Fruit 100% Fruit Juice	Choose : Assorted Fresh Fruit 100% Fruit Juice	Choose : Assorted Fresh Fruit 100% Fruit Juice	Choose : Assorted Fresh Fruit 100% Fruit Juice	Choose : Assorted Fresh Fruit 100% Fruit Juice
Assortment of Low Fat and Non Fat Milk Variety	Assortment of Low Fat and Non Fat Milk Variety	Assortment of Low Fat and Non Fat Milk Variety	Assortment of Low Fat and Non Fat Milk Variety	Assortment of Low Fat and Non Fat Milk Variety

BUILD A HEALTHY BREAKFAST! IS AS EASY AS 1, 2, 3.....

1. CHOOSE ONE ENTRÉE
2. GRAB YOUR FRUIT OR VEGETABLE (UP TO 2 CHOICES, ONLY 1 FRUIT JUICE ALLOWED) ALL MEALS MUST HAVE AT LEAST 1 FRUIT OR VEGETABLE
3. GRAB YOUR MILK Choicer: 1% milk, NF Chocolate, or Nonfat/Skim