

FREE Quick grab and go Breakfast served in the Kitchen daily!!!



BREAKFAST IS FREE TO ALL PUTNAM STUDENTS

Breakfast Served Daily 7:05-7:25am

Monday	Tuesday	Wednesday	Thursday	Friday
Specials Entrées:	Special Entrées;	Special Entrées:	Special Entrées;	Special Entrées;
Bacon Egg and Cheese on English Muffin	Sausage Egg Cheese on English Muffin	Bacon Egg and 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 • WG Cinnamon Rolls • WG Dunkin Stik • Wg Cocoa Chocolate Chip Benefit Bar 	<ul style="list-style-type: none"> • Double Choc. Chip Muffin • Blueberry Muffin • Assorted WG Low Sugar Cereal • Chocolate Chip BeneFit Bar • Pumpkin Bread • WG Cinnamon Rolls • WG Dunkin Stik • Wg Cocoa Chocolate Chip Benefit Bar 	<ul style="list-style-type: none"> • Double Choc. Chip Muffin • Blueberry Muffin • Assorted WG Low Sugar Cereal • Chocolate Chip BeneFit Bar • Pumpkin Bread • WG Cinnamon Rolls • WG Dunkin Stik • Wg Cocoa Chocolate Chip Benefit Bar 	<ul style="list-style-type: none"> • Double Choc. Chip Muffin • Blueberry Muffin • Assorted WG Low Sugar Cereal • Chocolate Chip BeneFit Bar • Pumpkin Bread • WG Cinnamon Rolls • WG Dunkin Stik • Wg Cocoa Chocolate Chip Benefit Bar 	<ul style="list-style-type: none"> • Double Choc. Chip Muffin • Blueberry Muffin • Assorted WG Low Sugar Cereal • Chocolate Chip BeneFit Bar • Pumpkin Bread • WG Cinnamon Rolls • WG Dunkin Stik • Wg Cocoa Chocolate Chip Benefit Bar
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