



ADVENTURES IN FOOD WITH LAUREN McELROY

BREAKFAST Drop-off Menu

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Breakfast Casserole:

Made with hashbrowns, scrambled eggs, your choice of protein, vegetable, cheese and baked until set. Choose 3: bacon, ham, turkey, sausage, tomatoes, zucchini, onion, spinach, mushrooms, bell pepper, green chiles, salsa.

Fritata (no crust) OR Quiche (crust):

Choose 3 items: bacon, ham, turkey, sausage, tomatoes, broccoli, onion, jalapenos, spinach, mushrooms, bell pepper, zucchini, potato, green chiles, cheddar, swiss, or feta.

Breakfast Burrito:

Choose: flour OR whole wheat tortilla. Mixed with scrambled eggs and cheddar cheese plus your choice of: bacon, ham, turkey, sausage, tomatoes, zucchini, onion, jalapenos, spinach, mushrooms, bell pepper, hashbrowns, cilantro or black beans. *Served with either: green chile OR salsa.*

Breakfast Sandwiches:

Eggs, meat, cheese on a white OR whole wheat english muffin. *Add:* spinach, hummus, tomato

Breakfast Boats:

French bread hollowed out and filled with scrambled eggs, meat, cheese, add veggies.

French Toast Casserole:

Choose: cinnamon raisen, blueberry OR walnut. Served with maple syrup and powdered sugar.

Homemade Biscuits & Sausage Gravy

Steel Cut Oatmeal:

Choose: Plain, brown sugar/walnuts, mixed berries, OR apple-cinnamon.

Sides:

Roasted breakfast potatoes with peppers & onions

Individual breakfast meats (sausage patties or links, bacon, ham, veggie)

Fruit - Mixed berries (strawberries, blueberries, raspberries, blackberries), cantaloupe, honey dew, grapes, pineapple, watermelon.

Granola & Yogurt Parfaits w Berries

Pastries:

Choose: butter, cream cheese OR jam

- Muffins: *blueberry, peach, cinnamon apple, OR bannana nut*
- Cinnamon Rolls
- Breads (white, wheat, multi-grain, french baguette, english muffin)
- Croissants, Assorted Bagels