



GRAB & GO

iEAT Breakfast *cafeteria fast lane*

A HEALTHY START!

Before you run to class without a good breakfast, consider that you're setting yourself up for overeating later in the day. A nutritious breakfast can give you energy, ward off hunger, and set you up for making healthy food choices all day long. Your morning meal should be a balanced combination of protein and fiber, and fortunately, there are plenty of options to choose from at the iEAT Breakfast Café!



**Hot Breakfast
Sandwiches**

**Fresh Fruit &
Yogurt Smoothies**

**Yogurt Parfaits
with granola**

**Hot Beverage
Selections
(Coming Soon!)**

DID YOU KNOW?

If you are approved for free/reduced lunch, you are also approved for breakfast!