



# GRAB & GO

## iEAT Breakfast Café Cart (HS Lobby)

### GET 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**

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**Fresh Fruit &  
Yogurt Smoothies**

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**Yogurt Parfaits  
with granola**

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

### DID YOU KNOW?

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