



Bondurant Breakfast Menu

STRESSFULL MORNINGS? LET US MAKE BREAKFAST FOR YOU!

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>CHECK OUR DAILY MENU AND NUTRITIONAL INFORMATION OUT ON TWITTER BFCAFETERIAS</p>	<p>6 BREAKFAST COMBO BAR CHOCOLATE CHIP MUFFIN BLUEBERRY MUFFIN TOAST BAGEL BLUEBERRY BAGEL APPLE SLICES APPLE, GRAPE OR ORANGE JUICE</p>	<p>7 CHEDDAR OMELET CHOCOLATE CHIP MUFFIN BLUEBERRY MUFFIN TOAST BAGEL BLUEBERRY BAGEL CINNAMON RAISIN BAGEL PEAR CUP APPLE, GRAPE OR ORANGE JUICE STRING CHEESE</p>	<p>8 SAUSAGE PANCAKE ON A STI SYRUP CHOCOLATE CHIP MUFFIN BLUEBERRY MUFFIN TOAST BAGEL BLUEBERRY BAGEL CINNAMON RAISIN BAGEL FRESH STRAWBERRIES APPLE, GRAPE OR ORANGE JUICE STRING CHEESE</p>	<p>9 LONG JOHN CHOCOLATE CHIP MUFFIN BLUEBERRY MUFFIN TOAST BAGEL BLUEBERRY BAGEL CINNAMON RAISIN BAGEL PEAR CUP APPLE, GRAPE OR ORANGE JUICE STRING CHEESE</p>	<p>Cal 584 T.Fat 28.08 G S.Fat 9.0 G Chol 184.7 Mg Sodm 1831.12 Mg Carb 88.19 G Fiber 5.8 G Prtn 18.40 G Iron 2.34 Mg Calc 345.13 Mg Vit A 15.08 RE Vit C 23.30 Mg</p>
<p>12 BONDURANT BREAKFAST MUFFIN SANDWICH CHOCOLATE CHIP MUFFIN BLUEBERRY MUFFIN TOAST BAGEL BLUEBERRY BAGEL CINNAMON RAISIN BAGEL PEAR CUP APPLE, GRAPE OR ORANGE JUICE STRING CHEESE</p>	<p>13 BREAKFAST PIZZA CHOCOLATE CHIP MUFFIN BLUEBERRY MUFFIN TOAST BAGEL BLUEBERRY BAGEL CINNAMON RAISIN BAGEL APPLE, GRAPE OR ORANGE JUICE RAISINS BOXED STRING CHEESE</p>	<p>14 BREAKFAST COMBO BAR CHOCOLATE CHIP MUFFIN BLUEBERRY MUFFIN TOAST BAGEL BLUEBERRY BAGEL APPLE SLICES APPLE, GRAPE OR ORANGE JUICE</p>	<p>15 CHEDDAR OMELET CHOCOLATE CHIP MUFFIN BLUEBERRY MUFFIN TOAST BAGEL BLUEBERRY BAGEL CINNAMON RAISIN BAGEL PEAR CUP APPLE, GRAPE OR ORANGE JUICE STRING CHEESE</p>	<p>16 SAUSAGE PANCAKE ON A STI SYRUP CHOCOLATE CHIP MUFFIN BLUEBERRY MUFFIN TOAST BAGEL BLUEBERRY BAGEL CINNAMON RAISIN BAGEL FRESH STRAWBERRIES APPLE, GRAPE OR ORANGE JUICE STRING CHEESE</p>	<p>Cal 595 T.Fat 25.44 G S.Fat 8.8 G Chol 188.9 Mg Sodm 1471.74 Mg Carb 70.44 G Fiber 5.7 G Prtn 19.78 G Iron 2.79 Mg Calc 388.18 Mg Vit A 15.00 RE Vit C 24.23 Mg</p>
<p>19 LONG JOHN CHOCOLATE CHIP MUFFIN BLUEBERRY MUFFIN TOAST BAGEL BLUEBERRY BAGEL CINNAMON RAISIN BAGEL PEAR CUP APPLE, GRAPE OR ORANGE JUICE STRING CHEESE</p>	<p>20 BONDURANT BREAKFAST MUFFIN SANDWICH CHOCOLATE CHIP MUFFIN BLUEBERRY MUFFIN TOAST BAGEL BLUEBERRY BAGEL CINNAMON RAISIN BAGEL PEAR CUP APPLE, GRAPE OR ORANGE JUICE STRING CHEESE</p>	<p>21 BREAKFAST PIZZA CHOCOLATE CHIP MUFFIN BLUEBERRY MUFFIN TOAST BAGEL BLUEBERRY BAGEL CINNAMON RAISIN BAGEL APPLE, GRAPE OR ORANGE JUICE RAISINS BOXED STRING CHEESE</p>	<p>22 BREAKFAST COMBO BAR CHOCOLATE CHIP MUFFIN BLUEBERRY MUFFIN TOAST BAGEL BLUEBERRY BAGEL APPLE SLICES APPLE, GRAPE OR ORANGE JUICE</p>	<p>23 CHEDDAR OMELET CHOCOLATE CHIP MUFFIN BLUEBERRY MUFFIN TOAST BAGEL BLUEBERRY BAGEL CINNAMON RAISIN BAGEL PEAR CUP APPLE, GRAPE OR ORANGE JUICE STRING CHEESE</p>	<p>Cal 620 T.Fat 27.13 G S.Fat 9.3 G Chol 165.1 Mg Sodm 1477.92 Mg Carb 72.30 G Fiber 6.5 G Prtn 20.19 G Iron 2.88 Mg Calc 398.33 Mg Vit A 13.89 RE Vit C 21.10 Mg</p>
<p>26 SAUSAGE PANCAKE ON A STI SYRUP CHOCOLATE CHIP MUFFIN BLUEBERRY MUFFIN TOAST BAGEL BLUEBERRY BAGEL CINNAMON RAISIN BAGEL FRESH STRAWBERRIES APPLE, GRAPE OR ORANGE JUICE STRING CHEESE</p>	<p>27 LONG JOHN CHOCOLATE CHIP MUFFIN BLUEBERRY MUFFIN TOAST BAGEL BLUEBERRY BAGEL CINNAMON RAISIN BAGEL PEAR CUP APPLE, GRAPE OR ORANGE JUICE STRING CHEESE</p>	<p>28 BONDURANT BREAKFAST MUFFIN SANDWICH CHOCOLATE CHIP MUFFIN BLUEBERRY MUFFIN TOAST BAGEL BLUEBERRY BAGEL CINNAMON RAISIN BAGEL PEAR CUP APPLE, GRAPE OR ORANGE JUICE STRING CHEESE</p>	<p>29 BREAKFAST PIZZA CHOCOLATE CHIP MUFFIN BLUEBERRY MUFFIN TOAST BAGEL BLUEBERRY BAGEL CINNAMON RAISIN BAGEL APPLE, GRAPE OR ORANGE JUICE RAISINS BOXED STRING CHEESE</p>	<p>30 BREAKFAST COMBO BAR CHOCOLATE CHIP MUFFIN BLUEBERRY MUFFIN TOAST BAGEL BLUEBERRY BAGEL APPLE SLICES APPLE, GRAPE OR ORANGE JUICE</p>	<p>Cal 584 T.Fat 23.24 G S.Fat 7.7 G Chol 88.5 Mg Sodm 580.48 Mg Carb 74.53 G Fiber 6.5 G Prtn 18.48 G Iron 2.53 Mg Calc 378.88 Mg Vit A 15.07 RE Vit C 28.37 Mg</p>

* ASSORTED CEREAL, JUICE AND FRUIT BASKET ARE AVAILABLE DAILY*

ALL MEALS INCLUDE CHOICE OF SKIM, FAT FREE CHOCOLATE OR 1% MILK

