



# FAST ~~FOOD~~ BREAK

355<sup>TH</sup> FSS TRAINING KITCHEN

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## BREAKFAST (0600 - 1030)

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<b>Breakfast Sammie</b> 340 cal .....	\$7.50
English muffin with ham, egg, chives & cheddar cheese	
<b>SOS</b> 478 cal. ....	\$7.50
Ground beef in a white gravy served on wheat toast	
<b>Mixed Berry Smoothie</b> 320 cal. ....	\$7.00
Vanilla yogurt blended with blueberries, strawberries, banana, apple juice & honey	
<b>Mixed Berry &amp; Yogurt Breakfast Parfait</b> 260 cal. ....	\$7.00
Vanilla yogurt layered with honey oat granola, strawberries, blueberries & honey	
<b>Strawberry Banana Smoothie Bowl</b> 180 cal .....	\$7.00
Strawberries, honey oat granola, banana, almond milk & chia seeds	
<b>Two Belgian Waffles</b> 246 cal. ....	\$6.00
Two belgian waffles topped with whipped cream & your choice of syrup	

## MADE TO ORDER

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Two Slices Toast (white or wheat) 120 cal. ....	\$1.00
Two Slices Bacon 86 cal .....	\$2.00
Two Sausage Patties 183 cal. ....	\$2.00
Two Eggs 172 cal .....	\$2.00

## DRINKS + EXTRAS

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Sodas (assorted) .....	\$1.00	Coffee .....	\$2.00
Juice (assorted) .....	\$1.50	Bottled Tea .....	\$2.00
Energy Drinks (assorted) .....	\$3.00	Bottled Water .....	\$1.00
Chips .....	\$1.00	Milk .....	\$2.00



# FAST BREAK

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## LUNCH (1030 - 1400)

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**Taco Rice Bowl** 509 cal .....\$11.00

White rice topped with ground beef, cheddar cheese, avocado, corn, red onion, tomato, cilantro, picante salsa, lettuce & sour cream

**Beef Tacos (3)** 426 cal .....\$12.00

Seasoned ground beef in flour tortillas (3) topped with avocado, tomato, lettuce, sour cream & cheese

**Buffalo Chicken Lettuce Wrap or Panini** 471 cal .....\$11.00

Chicken breast & tomato, topped with buffalo sauce & ranch dressing, then wrapped in lettuce

**Chicken Caesar Wrap** 384 cal .....\$11.00

Chicken breast, caesar dressing, parmesan cheese, lettuce, tomato & garlic croutons wrapped in a flour tortilla

**Turkey Club Wrap** 420 cal .....\$11.00

Sliced turkey breast, bacon, avocado, cheddar cheese, tomato, lettuce, mayonnaise & dijon mustard wrapped in a wheat tortilla

**Protein and Eggs Wrap** 338 cal .....\$11.00

Your choice of protein (chicken, turkey or beef), cheddar cheese, egg & lettuce wrapped in a flour tortilla

## DRINKS + EXTRAS

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Sodas (assorted) .....\$1.00      Coffee .....\$2.00

Juice (assorted) .....\$1.50      Bottled Tea .....\$2.00

Energy Drinks (assorted) .....\$3.00      Bottled Water .....\$1.00

Chips .....\$1.00      Milk .....\$2.00