

Menu for Firefighter Appointments
(Please check your preferences)

Breakfast Options (all come with juice, fruit and nuts).
Help yourself to instant coffee, cocoa or tea:

- Cold Cereal, 1% milk or Soymilk (circle)
- Granola, Low-fat Yogurt – Plain or Vanilla (circle)
- Waffles, Low-fat Yogurt – Plain or Vanilla (circle)

Snack Options

- Energy Bar, Fruit
- Trailmix, Fruit
- ½ PB & J
- Protein smoothie (i.e. Naked or Odwalla)
- Baker's Cookie, 1% milk

Name: _____

Date: _____