

THE SKILLET

EAT. DRINK. ENJOY.

LIGHT BREAKFAST

HOT CEREAL

A rotating selection of oatmeal, cream of wheat or malt-o-meal. Ask your server about today's selection.

PASTRY

A rotating selection of fresh baked pastries. Ask your server about today's selection.

COLD CEREAL

Raisin Bran, All Bran, Rice Krispies, Shredded Mini Wheat, Cheerios

YOGURT

Assorted yogurt

FRUIT

Fresh fruit, whole fruit, canned fruit

HEARTY BREAKFAST

BREAKFAST FEATURE

Ask your server about this morning's featured breakfast.

EGGS YOUR WAY

Scrambled, over-easy, over-medium, over-hard or hard-boiled.

BREAKFAST MEAT

Bacon or Sausage

TOAST

White, whole wheat, marble rye, English muffin, bagel, raisin

DRINKS

Regular or Decaf Coffee

Whole or Skim Milk

Assorted Juices

Hot or Iced Tea

Lemonade

Assorted Coke Products

THRIVE HEALTHIER CHOICE OPTIONS

We understand residents and guests have varying food preferences. With that in mind, we have provided some simple suggestions on how to make your menu choices better fit your individual needs:

- The THRIVE symbol indicates:
 - Entree - <750 kcals, <-8g saturated fat and <700mg sodium
 - Appetizers and sides- <250 kcal, <3g saturated fat and <600mg sodium
- Choose items that are grilled or baked.
- Ask for little or no oil used in the preparation process.
- In place of whole eggs, ask for egg white substitution.
- Substitute a second vegetable or fresh fruit in place of a starch item.
- Ask for the entrée to be prepared with little to no salt.
- Sauces may be served on the side.
- Smaller portions for select menu items are available.

*Consuming raw or undercooked animal products, such as meat or eggs, may increase your risk of food-borne illness, especially if you have certain medical conditions.