



Lazy F Camp and Retreat Center
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Sample Breakfast Menus

Pancakes
Sausage
Oatmeal
Cold Cereal
Fruit Tray
Yogurt
Juice
Milk

French Toast
Oatmeal
Cold Cereal
Fruit Tray
Yogurt
Juice
Milk

Muffins
Oatmeal
Cold Cereal
Fruit Tray
Yogurt
Juice
Milk

Biscuit /Gravy
Oatmeal
Cold Cereal
Fruit Tray
Yogurt
Juice
Milk

Cinnamon Rolls
Quiche or Scrambled Eggs
Oatmeal
Cold Cereal
Fruit Tray
Yogurt
Juice
Milk

Coffee Cake
Quiche or Scrambled Eggs
Oatmeal
Cold Cereal
Fruit Tray
Yogurt
Juice
Milk

German Pancakes
Sausage
Oatmeal
Cold Cereal
Fruit Tray
Yogurt
Juice
Milk