

# It Is Time To *Break The Fast*...



That's where the name originates!



**Breakfast provides the body and brain with fuel after an overnight fast.**

Love YOUR Breakfast



## Did you know?!?!?

Breakfast foods are high in important nutrients such as Calcium, Iron, B-Vitamins, Protein & Fiber.

## Clearview Regional Now Offers Breakfast DAILY!

*Starting at 7 AM!*

**Regular Breakfast: \$2.00**

**Reduced Breakfast: \$0.30**

**Adult Breakfast: \$3.00**

**Our breakfast options are made with whole grains and lower fat meat products.**

*Breakfast Sandwiches, Bagel & Cream Cheese, Cereal & Muffin, Pancakes, French Toast Sticks, Yogurt Parfaits, Oatmeal, Hash Brown, Assorted Fruit.*

