

FIGURE 2: BREAKFAST MENU PLATE COST EXAMPLE

Breakfast Menu Plate Cost 2011 w/2014 Projections							
Food Item	Serving Cost		Food Item	Serving Cost		Food Item	Serving Cost
Scrambled Eggs	0.26		Scrambled Eggs	0.26		Croissant	0.74
Bacon	0.31		Sausage	0.37		Egg Patty	0.18
Biscuit	0.19		Biscuit	0.19		Bacon	0.31
Gravy	0.2		Gravy	0.1		Hash Brown	0.19
Milk	0.28		Milk	0.28		Cereal	0.43
Juice	0.53		Juice	0.53		Milk	0.28
Cereal	0.43		Cereal	0.43		Juice	0.53
Orange	0.29		Orange	0.29		Strawberry/Kiwi	0.26
Butter/Jelly	0.16		Butter/Jelly	0.16		<b>Meal Cost</b>	<b>2.92</b>
<b>Meal Cost</b>	<b>2.55</b>		<b>Meal Cost</b>	<b>2.61</b>			
Pancakes	0.16		French Toast	0.14		*Coffee	0.37
Sausage	0.37		Bacon	0.31		*Creamer	0.05
Milk	0.28		Milk	0.28		*Add Coffee/Creamer	0.42
Juice	0.53		Juice	0.53		Price to Adult Meals	
Cereal	0.43		Cereal	0.43			
Apple	0.3		Apple	0.3		<b>TOTALS:</b>	
Butter/Syrup	0.27		Butter/Syrup	0.27		<b>Total Breakfast Cost, Youth, Seven Meals</b>	<b>\$18.46</b>
<b>Meal Cost</b>	<b>2.34</b>		<b>Meal Cost</b>	<b>2.26</b>		<b>Divided by 7 Days</b>	
Scrambled Eggs	0.26		Blueberry Muffin	0.17		<b>2011 Average Daily Cost, Youth</b>	<b>2.63</b>
Blueberry Muffin	0.17		Cinnamon Roll	0.12		<b>8.6% Increase Projected for 2014, per USDA</b>	<b>0.3</b>
Oatmeal w/Toppings	0.2		Egg, Cheese, Ham, and Onion Quiche	1.31		<b>CPI:</b>	<b>2.93</b>
Golden Raisins	0.3		Cereal	0.43		<b>2014 Projected Breakfast Cost, Youth, Seven Meals</b>	<b>\$20.51</b>
Craisins	0.11		Milk	0.28			
Yogurt	0.04		Juice	0.53		<b>Total Breakfast Cost, Adult, Seven Meals</b>	<b>\$21.35</b>
Milk	0.28		Banana	0.53		<b>2011 Average Daily Cost, Adult</b>	<b>3.05</b>
Juice	0.53		<b>Meal Cost</b>	<b>3.16</b>		<b>8.6% Increase Projected for 2014, per USDA</b>	<b>0.35</b>
Cereal	0.43					<b>CPI:</b>	<b>\$3.40</b>
Grape/Cantaloupe	0.3					<b>2014 Projected Breakfast Cost, Adult, Seven Meals</b>	<b>\$23.80</b>
<b>Meal Cost</b>	<b>2.62</b>						
						<b>2014 Projected Average, Breakfast, Youth, Summer Camp</b>	<b>\$2.93</b>