



MPBC Room in the Inn

# Sunday Breakfast

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## Providing and Serving Sunday Breakfast

Resources: Two or more people, families or a larger group. Provide and serve breakfast for 15 neighbors, 1 morning van driver, 2 overnight hosts, and breakfast crew.

Sunday Morning 6:30 or 6:45 AM – 8:15 AM

## Breakfast Guidelines

- Breakfast should include a meat, eggs, toast, bagels or biscuits, juice or fruit and coffee. Grits, sausage, and refrigerator biscuits are popular. Cereal may be offered as an alternative or supplement, but not the primary breakfast. Breakfast casseroles are popular and very easy.
- Plates and utensils are available in the kitchen.
- Coffee may be caffeinated at breakfast time and is available in the kitchen.
- Some neighbors may be diabetic, so try to avoid main-course food heavy with sugar.

## Schedule

6:30 or 6:45 AM, Arrive at Church and begin preparing breakfast for the group. Put placemats and table decorations on the tables and set the tables.

Around 7:15 or 7:30 AM, Begin serving breakfast.

7:45 AM, Give each neighbor a lunch to take with them (these should be in the refrigerator, having been made and placed there by one of our volunteers).

8:00 AM, Neighbors are transported back to the bus terminal. (Many of these people have jobs to go to in the morning, so this schedule is critical).

Clear dishes, load dishwasher and run the dishwasher. Clean any other pans. Direct any questions to the overnight hosts, the month captain or the RITI coordinators.