

JumpStart

BREAKFAST

CHEF'S SPECIALS

Includes Hot Entrée, Choice of Fruit, Juice, and Milk

WEEK 1

Monday: **Bagel w/ Cream Cheese**
Tuesday: **Biscuit with Sausage Gravy**
Wednesday: **Tornadoes**
Thursday: **Omelets w/ Toast**
Friday: **Breakfast Sandwich**

WEEK 2

Monday: **Pancake Sausage on a Stick**
Tuesday: **Cinnamon Roll**
Wednesday: **Cinnamon French Toast Sticks**
Thursday: **Baked Oatmeal**
Friday: **Breakfast Sandwich**

GOOD to GO

Includes Hot Entrée, Choice of Fruit, Juice, and Milk

Rotating Entree Choices

Breakfast Burrito • Bagel Sandwich
English Muffinwich • Biscuit Sandwich
Ultimate Breakfast Round • Cereal • Pop Tart
Oatmeal • Smoothie Bowl
Fresh Fruit, Yogurt and Granola Parfaits served Daily –
\$2.25

BUILD A HEALTHY PLATE

Make half your plate fruits and vegetables.
Make at least half your grains, whole grains.
Vary your protein choices.
Switch to skim or 1% milk.

For more information go to
www.choosemyplate.gov

The Breakfast Menu follows the guidelines of the School Breakfast Program (SBP)

A complete breakfast meal consists of fruit and two of the three available options:

- Grains
- Protein
- ½ Pint Milk

BREAKFAST PRICES

Student	\$1.60
Reduced	\$0.30
Adult	\$2.00
Milk	\$0.50

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connections
CAFE

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