

# Jump Start

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](http://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

<b>Student</b>	\$1.60
<b>Reduced</b>	\$0.30
<b>Adult</b>	\$2.00
<b>Milk</b>	\$0.50

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