

# Jump Start

BREAKFAST

## DAILY SPECIAL

Includes Entrée, Choice of Fruit, Juice, and Milk

### Rotating Entree Choices

Breakfast Burrito • Bagel Sandwich • Pancake Sausage on a Stick  
Super Slice Banana Bread • Strawberry Bagel  
Mini Cinnamon Roll • Assorted Cereals • Pop Tarts  
Oatmeal Breakfast Bars • French Toast Sticks  
Fresh Fruit, Fruit Juice, and Choice of Milk offered Daily

### 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>	\$1.65
<b>Reduced</b>	\$0.30
<b>Adult</b>	\$2.00

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*Nutritional  
News* via e-mail?  
Email the FSD and put  
***Nutrition News***  
in the subject line

## 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)

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