

JumpStart

BREAKFAST

CHEF'S SPECIALS

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

WEEK 1

Monday: **Sausage Breakfast Pizza**
Tuesday: **Biscuit with Sausage & Cheese**
Wednesday: **Hot Maple Pancakes**
Thursday: **Eggs & Cheese Breakfast Burrito**
Friday: **Warm French Toast Sticks**

WEEK 2

Monday: **Pancake Sausage on a Stick**
Tuesday: **Warm Cini Minis**
Wednesday: **Mini Strawberry Bagels**
Thursday: **Chocolate Chip Benefit Bar**
Friday: **Fruit & Yogurt Parfait**

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 • PB & Jelly Sandwich
Fresh Fruit, Yogurt and Granola Parfaits served Daily –
\$1.50

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	\$1.50
Reduced	\$0.30
Adult	\$2.50
Milk	\$0.35

Keep track of your account balances- check them out online. For more information regarding the meal policy, e-mail meyerb@ripon.k12.wi.us and put meal policy request in the subject line.

FOOD SERVICE DIRECTOR: Briony Storz
Email: ripon@aviands.com

connections
CAFE

All grains products are whole grains.

This institution is an equal opportunity provider.

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