

JumpStart

BREAKFAST

RMS Summer School SPECIALS

Includes Entrée, Choice of Fruit, Juice, and Milk

WEEK 1

Monday: **Breakfast Pizza**
Tuesday: **Breakfast Bosco stick**
Wednesday: **Pancakes with Maple Syrup**
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: **Oatmeal Breakfast Round**
Friday: **Fruit & Yogurt Parfait**

GOOD to GO

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

Rotating Entrée Choices

- Cereal • Pop Tart
- PB & Jelly Sandwich

served Daily – \$1.50

Breakfast for all students

Served in RMS Cafeteria

15 minutes before school begins

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.

ELIOR NORTH AMERICA