

# JumpStart

BREAKFAST

## DAILY SPECIAL

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 – \$1.50

### 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>	\$1.50
<b>Reduced</b>	\$0.30
<b>Adult</b>	\$2.50
<b>Milk</b>	\$0.35

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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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