

# 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](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>	\$1.50
<b>Reduced</b>	\$0.30
<b>Adult</b>	\$2.50
<b>Milk</b>	\$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](mailto:meyerb@ripon.k12.wi.us) and put meal policy request in the subject line.

FOOD SERVICE DIRECTOR: Briony Storz  
Email: [ripon@aviands.com](mailto:ripon@aviands.com)

connections  
CAFE

All grains products are whole grains.

This institution is an equal opportunity provider.

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