

JumpStart

BREAKFAST

CHEF'S SPECIAL

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

WEEK 1

Monday: **Breakfast Pizza** 1M/1.5G
Tuesday: **Biscuit w/Gravy** .25M/2G
Wednesday: **Pancakes** 2G
Thursday: **Scrambled Eggs** 1M
& **Cheese** 1M
w/Tortilla 1G
Friday: **Waffles** 2G

WEEK 2

Monday: **Pancake Sausage
on a Stick** 1M/1G
Tuesday: **Cinnamon Roll** 2G
Wednesday: **French Toast Sticks** 2G
Thursday: **Coffee Cake** 1.5G
Friday: **Latin Breakfast Bake** 2M/1.5G

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 • Smoothie Bowl

Fresh Fruit, Yogurt and Granola Parfaits served Daily – \$X.XX

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	\$1.10
Reduced	\$0.30
Adult	\$2.00
Milk	\$0.50

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

FOOD SERVICE DIRECTOR: Gilbert Rivera
Email: Pojoaque@aviands.com

All grain products served are whole grain-rich.

connections
CAFE

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