

# 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](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

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](mailto:Pojoaque@aviands.com)

All grain products served are whole grain-rich.

connections  
CAFE

A'viands  
an elior company

This institution is an equal opportunity provider and employer.