

Jump Start

BREAKFAST

CHEF'S SPECIALS

Includes Hot Entrée, Choice of ½ c Fruit, ½ c Juice, and 1 c Milk

WEEK 1

Monday: **Savory Sausage Breakfast Pizza** 1ea
 Tuesday: **Fruit & Yogurt Parfait** 1ea
 Wednesday: **Warm Golden Pancakes** 2 ea
 Thursday: **Homemade Breakfast Burrito** 1 ea
 Friday: **Mini Maple Waffles** 1ea

WEEK 2

Monday: **Pancake Sausage on a Stick** 1 ea
 Tuesday: **Cinni Mini Cinnamon Roll** 1 pkg
 Wednesday: **French Toast Sticks** 4 ea
 Thursday: **Warm Muffin** 1 serv.
 Friday: **Pancake Breakfast Sandwich** 1 serv.

GOOD to GO

Includes Hot Entrée, Choice of ½ c Fruit, ½ c Juice, and 1 c Milk

Rotating Entree Choices

Breakfast Burrito 1 ea • Bagel Sandwich 1 ea
 English Muffinwich 1ea • Biscuit Sandwich 1 ea
 Ultimate Breakfast Round 1 ea • Cereal 1 serv. • Pop Tart 1 ea
 Oatmeal 1 serv. • Fruit & Yogurt Parfait Bar 1 serv.

Fresh Fruit, Yogurt and Granola Parfaits served Daily – \$2.50

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	\$0.45

Interested in receiving monthly Nutritional News via e-mail?
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All grains products are whole grains.

This institution is an equal opportunity provider.

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