

jumpstart

MONDAY BREAKFAST

SCRAMBLED EGGS *80 cal*



SCRAMBLED EGGS WITH CHEESE *310 cal*



SAUSAGE & CHEESE FRITTATA *610 cal*



SAUSAGE PATTY *120 cal*

Contains Pork

FRENCH TOAST STICKS *100 cal*



HASHBROWNS *80 cal*



OATMEAL *80 cal*



VEGAN



VEGETARIAN



GLUTEN



WHEAT



MILK



EGG



PEANUTS



TREE NUTS



SHELLFISH



FISH



SOY

*2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Additional nutrition information available upon request.*

JUMP START

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T U E S D A Y B R E A K F A S T

SCRAMBLED EGGS *80 cal*



MEAT & CHEESE SCRAMBLED EGGS

200 cal



SAUSAGE & HASHBROWN CASSEROLE

200 cal



FRENCH TOAST *150 cal*



SMOKED SAUSAGE *440 cal*

Contains Pork

POTATOES O'BRIEN *280 cal*



OATMEAL *80 cal*



VEGAN



VEGETARIAN



GLUTEN



WHEAT



MILK



EGG



PEANUTS



TREE NUTS



SHELLFISH



FISH



SOY

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J U M P S T A R T

jumpstart

W E D N E S D A Y B R E A K F A S T

SCRAMBLED EGGS *80 cal*



SCRAMBLED EGGS WITH CHEESE *310 cal*



SCRAMBLED EGGS WITH CHORIZO

220 cal



Pork

SAUSAGE LINKS *250 cal*

Contains Pork

BISCUITS & GRAVY *510 cal*



Pork

ROASTED POTATOES *190 cal*



OATMEAL *80 cal*



VEGAN



VEGETARIAN



GLUTEN



WHEAT



MILK



EGG



PEANUTS



TREE NUTS



SHELLFISH



FISH



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THURSDAY BREAKFAST

SCRAMBLED EGGS 80 cal



MEAT & CHEESE SCRAMBLED EGGS

200 cal



PANCAKES 100 cal



SOUTHWEST STRATA 320 cal



BREAKFAST HAM 30 cal

Contains Pork

FRIED HASHBROWNS 200 cal



OATMEAL 80 cal



VEGAN



VEGETARIAN



GLUTEN



WHEAT



MILK



EGG



PEANUTS



TREE NUTS



SHELLFISH



FISH



SOY

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FRIDAY BREAKFAST

SCRAMBLED EGGS *80 cal*



ITALIAN SCRAMBLED EGGS *180 cal*



CHICKEN & WAFFLES *500 cal*



TATOR TOTS *210 cal*



OATMEAL *80 cal*



VEGAN



VEGETARIAN



GLUTEN



WHEAT



MILK



EGG



PEANUTS



TREE NUTS



SHELLFISH



FISH



SOY

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