

jumpstart

MONDAY BREAKFAST

SCRAMBLED EGGS 80 cal



SCRAMBLED EGGS WITH CHEESE 310 cal



FRENCH TOAST 150 cal



SAUSAGE LINKS 250 cal

Contains Pork

SPINACH & CHORIZO FRITTATA 130 cal



POTATOES O'BRIEN 280 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.*

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TUESDAY BREAKFAST

SCRAMBLED EGGS *80 cal*



SCRAMBLED EGGS WITH CHEESE *310 cal*



SPINACH & PARMESAN SCRAMBLED EGGS

180 cal



CINNAMON APPLE FRENCH TOAST BAKE

300 cal



SAUSAGE PATTY *120 cal*

Contains Pork

HASHBROWNS *80 cal*



OATMEAL *80 cal*



VEGAN



VEGETARIAN



GLUTEN



WHEAT



MILK



EGG



PEANUTS



TREE NUTS



SHELLFISH



FISH



SOY

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W E D N 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 & EGG BREAKFAST CASSEROLE

400 cal



BREAKFAST HAM 30 cal

Contains Pork

PANCAKES 100 cal



ROASTED POTATOES 190 cal



OATMEAL 80 cal



VEGAN



VEGETARIAN



GLUTEN



WHEAT



MILK



EGG



PEANUTS



TREE NUTS



SHELLFISH



FISH



SOY

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THURSDAY BREAKFAST

SCRAMBLED EGGS 80 cal



SCRAMBLED EGGS WITH CHEESE 310 cal



SMOKED SAUSAGE 440 cal

Contains Pork

ITALIAN STRATA 340 cal



Pork

FRENCH TOAST STICKS 100 cal



TATOR TOTS 210 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*



MEAT & CHEESE SCRAMBLED EGGS

200 cal



BISCUITS & GRAVY *510 cal*



BACON *40 cal*
Contains Pork

DICED BREAKFAST POTATOES *80 cal*



OATMEAL *80 cal*



VEGAN



VEGETARIAN



GLUTEN



WHEAT



MILK



EGG



PEANUTS



TREE NUTS



SHELLFISH



FISH



SOY

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