

jumpstart

MONDAY BREAKFAST

SCRAMBLED EGGS 80 cal



BACON & CHEESE SCRAMBLED EGGS

210 cal



SCRAMBLED EGGS WITH CHEESE 310 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



POTATO, SALAMI & CHEESE FRITTATA

280 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*



SPINACH EGG BAKE *100 cal*



SAUSAGE LINKS *250 cal*

Contains Pork

BISCUITS & GRAVY *510 cal*



DICED BREAKFAST POTATOES *80 cal*



OATMEAL *80 cal*



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J U M P S T A R T

jumpstart

THURSDAY BREAKFAST

SCRAMBLED EGGS 80 cal



MEAT & CHEESE SCRAMBLED EGGS

200 cal



BROWN SUGAR & VANILLA FRENCH TOAST 300 cal



BREAKFAST HAM 30 cal

Contains Pork

VEGETABLE STRATA 260 cal



ROASTED POTATOES 190 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



SCRAMBLED EGGS WITH CHEESE 310 cal



CHICKEN & WAFFLES 500 cal



SOUTHWEST STRATA 320 cal



TATOR TOTS 210 cal



OATMEAL 80 cal



VEGAN



VEGETARIAN



GLUTEN



WHEAT



MILK



EGG



PEANUTS



TREE NUTS



SHELLFISH



FISH



SOY

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JUMP START