

jumpstart

MONDAY BREAKFAST

SCRAMBLED EGGS 80 cal



SPINACH & PARMESAN SCRAMBLED EGGS

180 cal



ITALIAN STRATA 340 cal



CINNAMON APPLE FRENCH TOAST BAKE

300 cal



SAUSAGE LINKS 250 cal

Contains Pork

DICED BREAKFAST POTATOES 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*



SAUSAGE & EGG BREAKFAST CASSEROLE

400 cal



SCRAMBLED EGGS WITH CHEESE *310 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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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*



MEAT & CHEESE SCRAMBLED EGGS

200 cal



SMOKED SAUSAGE *440 cal*

Contains Pork

BISCUITS & GRAVY *510 cal*



SOUTHWEST STRATA *320 cal*



HASHBROWNS *80 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

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THURSDAY BREAKFAST

SCRAMBLED EGGS 80 cal



DENVER SCRAMBLED EGGS 190 cal



BREAKFAST NACHOS WITH EGGS 150 cal



FRENCH TOAST 150 cal



SAUSAGE PATTY 120 cal

Contains Pork

TATOR TOTS 210 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



SPINACH EGG BAKE 100 cal



FRENCH TOAST STICKS 100 cal



BACON 40 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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