Jack Spratt can eat no fat,
His wife can eat no lean;
But Zephyr food's so doggone good,
They forget what calories mean.



Mary, Mary, quite contrary,
Give up your one hoss shay.
You'll have a smile for every mile
When you go the Zephyr way.





Jack and Jill went up the hill,

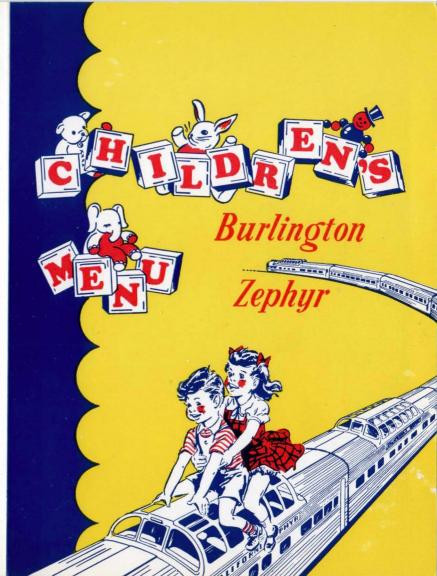
A silv'ry train to spy.

Said he to her, "You saw that blur?

The Zephyr just went by."



Humpty Dumpty sat on a wall,
Humpty Dumpty had a great fall;
The Zephyr came . . . the Zephyr went,
The sight completely floored the gent.





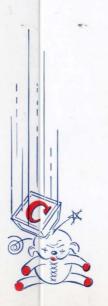




Orange Juice. Apple Juice
or
Cereal
1 Egg. 2 Bacon & 2 Wheat Cakes
Milk or Hot Cocoa
50¢



Hamburger & Fries or Peanut Butter and Jelly Sandwich Chocolate Milk Shake **75¢**





Vegetable Soup
Fried Fish, Roast Beef
or
Two Drumsticks
Pie or Ice Cream
Milk or Hot Cocoa
\$1.00