



Monday	Tuesday	Wednesday	Thursday	Nutrients
	1 Frudel Muffin FRUIT Milk Variety	2 Oatmeal Muffin FRUIT Milk Variety GF	3 Pancakes Egg Patty Syrup FRUIT Milk Variety	Cal 659 T.Fat 23.88 G S.Fat 6.3 G Chol 409.8 Mg Sodm 514.01 Mg Carb 81.71 G Fiber 6.2 G Prtn 30.10 G Iron 36.84 Mg
7 Breakfast Power Bar Muffin FRUIT Milk Variety	8 POPARTS Muffin FRUIT Milk Variety	9 Biscuits and Gravy Hashbrown Patty FRUIT Milk Variety Frudel	10 French Toast Syrup Bacon FRUIT Milk Variety	Cal 477 T.Fat 14.45 G S.Fat 3.6 G Chol 25.9 Mg Sodm 655.31 Mg Carb 78.30 G Fiber 2.3 G Prtn 9.52 G Iron 3.06 Mg
14 Waffle Stix/syrup Sausage link FRUIT Milk Variety	15 Cheese olette Hashbrown Patty FRUIT Milk Variety GF	16 Bagel Grilled Egg Patties FRUIT Milk Variety	17 Yogurt Parfait Berries, Frozen Granola Grahams GF Milk Variety	Cal 322 T.Fat 10.99 G S.Fat 3.5 G Chol 96.4 Mg Sodm 369.97 Mg Carb 45.53 G Fiber 2.0 G Prtn 10.48 G Iron 1.92 Mg
21 Breakfast Pizza FRUIT Milk Variety	22 Pancakes/Stick Syrup FRUIT Milk Variety	23 Ham Cheese Wrap Sausage link Fruit Milk Variety	24 English Muffin Egg Sausage Fruit Milk Variety	Cal 320 T.Fat 11.23 G S.Fat 4.5 G Chol 17.9 Mg Sodm 466.03 Mg Carb 44.77 G Fiber 2.9 G Prtn 12.58 G Iron 1.77 Mg
28 Combo Bars Muffin FRUIT Milk Variety	29 Cereal Grahams FRUIT Milk Variety	30 Frudel Muffin FRUIT Milk Variety	<i>This institution is an equal opportunity provider</i>	Cal 366 T.Fat 10.95 G S.Fat 3.3 G Chol 44.2 Mg Sodm 467.90 Mg Carb 56.48 G Fiber 2.3 G Prtn 12.00 G Iron 34.36 Mg

