



Monday	Tuesday	Wednesday	Thursday	Nutrients
5	6	7	8	<i>This institution is an equal opportunity provider</i>
12 Frudel Muffin FRUIT Milk Variety	13 Cereal Graham's FRUIT Milk Variety	14 Yogurt Parfait Berries, Frozen Granola Graham's Milk Variety	15 Pancakes Syrup Egg Patty Bacon FRUIT Milk Variety	Cal 486 T.Fat 18.13 G S.Fat 5.3 G Chol 299.5 Mg Sodm 503.99 Mg Carb 61.48 G Fiber 2.8 G Prtn 20.18 G Iron 27.70 Mg Calc 373.92 Mg
19 Breakfast Power Bar Muffin FRUIT Milk Variety	20 Cereal Graham's FRUIT Milk Variety	21 Biscuits and Gravy Hashbrown Patty FRUIT Milk Variety	22 POPARTS Muffin FRUIT Milk Variety	Cal 461 T.Fat 12.79 G S.Fat 3.2 G Chol 20.7 Mg Sodm 696.73 Mg Carb 78.29 G Fiber 2.8 G Prtn 10.22 G Iron 3.72 Mg Calc 262.24 Mg
26 Cheese omlette Hashbrown Patty FRUIT Milk Variety	27 Cereal Graham's FRUIT Milk Variety	28 Breakfast Pizza FRUIT Milk Variety	29 French Toast Syrup Bacon FRUIT Milk Variety	Cal 287 T.Fat 10.22 G S.Fat 3.8 G Chol 67.2 Mg Sodm 425.71 Mg Carb 39.07 G Fiber 2.4 G Prtn 11.46 G Iron 2.12 Mg Calc 340.57 Mg