

# February

Monday	Tuesday	Wednesday	Thursday	Nutrients
<b>3</b> Oatmeal Muffin FRUIT Milk Variety GF	<b>4</b> Cereal Graham's FRUIT Milk Variety	<b>5</b> French Toast Syrup Sausage link FRUIT Milk Variety	<b>6</b> Breakfast Burrito FRUIT Milk Variety	Cal 423 T.Fat 10.89 G S.Fat 3.5 G Chol 59.8 Mg Sodm 439.74 Mg Carb 67.05 G Fiber 5.5 G Prin 16.91 G Iron 3.88 Mg Calc 350.84 Mg
<b>10</b> Breakfast Pizza FRUIT Milk Variety	<b>11</b> Breakfast Power Bar Muffin FRUIT Milk Variety	<b>12</b> Pancakes/Stick Syrup FRUIT Milk Variety	<b>13</b> Frudel Graham Fruit Milk Variety	Cal 359 T.Fat 12.43 G S.Fat 3.9 G Chol 19.6 Mg Sodm 685.54 Mg Carb 54.51 G Fiber 2.9 G Prin 9.84 G Iron 2.31 Mg Calc 218.86 Mg <i>This institution is an equal opportunity provider</i>
<b>17</b> Pancakes Egg Patty Syrup FRUIT Milk Variety Cereal	<b>18</b> Cheese Omelet Sausage link Muffin FRUIT Milk Variety GF	<b>19</b> Cereal Graham's FRUIT Milk Variety	<b>20</b> Biscuits and Gravy Hashbrown Patty Fruit Milk Variety	Cal 5403 T.Fat 385.80 G S.Fat 184.1 G Chol 8080.3 Mg Sodm 9008.48 Mg Carb 100.97 G Fiber 2.3 G Prin 388.89 G Iron 32.63 Mg Calc 5790.60 Mg
<b>24</b> Waffle Stix/syrup Sausage link FRUIT Milk Variety	<b>25</b> POPTARTS Muffin FRUIT Milk Variety	<b>26</b> Bagel Grilled Egg Patties FRUIT Milk Variety	<b>27</b> Yogurt Parfait Berries, Frozen Granola Graham's Milk Variety GF	Cal 428 T.Fat 10.67 G S.Fat 2.9 G Chol 46.3 Mg Sodm 401.50 Mg Carb 71.90 G Fiber 2.3 G Prin 11.51 G Iron 2.78 Mg Calc 230.97 Mg

