



January

BREAKFAST

**Happy
New
Year!**

Monday	Tuesday	Wednesday	Thursday	Nutrients
8 Winter Break	9 Frudel Muffin FRUIT Milk Variety	10 Pancakes Syrup Egg Patty Sausage Patty FRUIT Milk Variety	11 Cereal Graham's FRUIT Milk Variety	Cal 532 T.Fat 23.38 G S.Fat 7.0 G Chol 400.5 Mg Sodm 576.87 Mg Carb 58.09 G Fiber 2.3 G Prin 23.56 G Iron 36.11 Mg Calc 394.62 Mg Vit A 11.00 RE
15 Pancakes/Stick Syrup FRUIT Milk Variety	16 POPTARTS Muffin FRUIT Milk Variety	17 Biscuits and Gravy Hashbrown Patty FRUIT Milk Variety	18 Cereal Graham's FRUIT Milk Variety	Cal 434 T.Fat 11.69 G S.Fat 3.6 G Chol 18.1 Mg Sodm 691.20 Mg Carb 72.27 G Fiber 2.5 G Prin 11.79 G Iron 3.31 Mg Calc 315.94 Mg Vit A 21.04 RE
22 French Toast Syrup Bacon FRUIT Milk Variety	23 Breakfast Burrito Salsa FRUIT Milk Variety	24 Cheese omlette Hashbrown Patty FRUIT Milk Variety	25 Cereal Graham's FRUIT Milk Variety	Cal 317 T.Fat 10.57 G S.Fat 3.8 G Chol 116.7 Mg Sodm 464.98 Mg Carb 43.05 G Fiber 2.3 G Prin 13.71 G Iron 2.54 Mg Calc 364.66 Mg Vit A 11.13 RE
29 Oatmeal Muffin FRUIT Milk Variety	30 Breakfast Power Bar Muffin FRUIT Milk Variety	31 Waffle Stix/syrup Sausage link FRUIT Milk Variety		Cal 517 T.Fat 14.71 G S.Fat 3.2 G Chol 30.4 Mg Sodm 274.59 Mg Carb 84.72 G Fiber 6.1 G Prin 13.02 G Iron 3.96 Mg Calc 136.95 Mg Vit A 10.15 RE