



# March



Monday

Tuesday

Wednesday

Thursday

Nutrients

<p>3 Egg, Bacon, Cheese Pocket Muffin Fruit</p>	<p>4 French Toast Syrup Bacon FRUIT Milk Variety</p>	<p>5 Oatmeal Muffin FRUIT Milk Variety GF</p>	<p>6 Breakfast Power Bar Graham's FRUIT Milk Variety</p>	<p>Cal 516 T.Fat 14.67 G S.Fat 3.2 G Chol 30.3 Mg Sodm 275.35 Mg Carb 84.60 G Fiber 6.1 G Prtn 13.03 G Iron 3.95 Mg</p>	
<p>10 Biscuits and Gravy Hashbrown Patty FRUIT Milk Variety Frudel</p>	<p>11 POPARTS Muffin FRUIT Milk Variety</p>	<p>12 Waffle Stix/syrup Sausage link FRUIT Milk Variety</p>	<p>13 Cereal Graham's FRUIT Milk Variety</p>	<p>Cal 450 T.Fat 12.00 G S.Fat 3.4 G Chol 18.7 Mg Sodm 627.76 Mg Carb 75.77 G Fiber 2.3 G Prtn 10.61 G Iron 3.48 Mg</p>	
<p>17 18 19 20 <b>Spring Break</b></p>					<p><i>This institution is an equal opportunity provider</i></p>
<p>24 Frudel Muffin FRUIT Milk Variety</p>	<p>25 Breakfast Pizza FRUIT Milk Variety</p>	<p>26 Pancakes/Stick Syrup FRUIT Milk Variety</p>	<p>27 Yogurt Parfait Berries, Frozen Granola Graham's Milk Variety GF</p>	<p>Cal 326 T.Fat 8.91 G S.Fat 3.3 G Chol 19.8 Mg Sodm 415.55 Mg Carb 51.26 G Fiber 2.7 G Prtn 12.39 G Iron 25.31 Mg</p>	
<p>31 Cereal Graham's FRUIT Milk Variety</p>				<p>Cal 368 T.Fat 7.55 G S.Fat 2.4 G Chol 9.8 Mg Sodm 330.07 Mg Carb 66.62 G Fiber 3.0 G Prtn 11.42 G Iron 5.19 Mg</p>	

