



BREAKFAST

November

Monday	Tuesday	Wednesday	Thursday	Nutrients
4 Oatmeal Muffin Fruit MILK - Variety	5 Cereal Grahams Fruit MILK - Variety	6 French Toast Syrup Sausage link FRUIT MILK - Variety	7 Breakfast Pizza Fruit MILK - Variety	Cal 325 T.Fat 9.06 G S.Fat 3.9 G Chol 21.6 Mg Sodm 345.99 Mg Carb 48.99 G Fiber 2.0 G Prtn 14.35 G
11 Pancakes/Stick Syrup FRUIT Milk Variety	12 Breakfast Power Bar Muffin FRUIT Milk Variety	13 Waffle Stix/syrup Sausage link Fruit MILK - Variety	14 Cereal Grahams Fruit MILK - Variety	Cal 561 T.Fat 21.19 G S.Fat 5.9 G Chol 300.7 Mg Sodm 473.22 Mg Carb 73.51 G Fiber 2.4 G Prtn 20.49 G
15 Combo Bars Muffin Applesauce Milk Variety	16 Frudel Muffin Fruit MILK - Variety	17 Cheese Omelet Sausage link Fruit MILK - Variety	18 PANCAKES Egg Syrup Fruit MILK - Variety	Cal 333 T.Fat 9.76 G S.Fat 3.4 G Chol 59.8 Mg Sodm 469.61 Mg Carb 49.53 G Fiber 2.2 G Prtn 13.29 G
25	26 Thanksgiving Break		28	<i>This institution is an equal opportunity provider</i>