

FEBRUARY BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Nutrients
			1 Cereal Graham's Fruit Milk	
5 Breakfast Pizza FRUIT Milk Variety	6 Fruited Muffin FRUIT Milk Variety	7 Pancakes Syrup Egg Patty Bacon FRUIT Milk Variety	8 Cereal Graham's FRUIT Milk Variety	Cal 454 T.Fat 18.39 G S.Fat 5.7 G Chol 300.0 Mg Sodm 572.65 Mg Carb 52.70 G Fiber 2.7 G Prtn 20.49 G Iron 27.45 Mg Calc 382.75 Mg Vit A 8.64 RE
12 Pancakes/Stick Syrup FRUIT Milk Variety	13 Combo Bars Muffin FRUIT Milk Variety	14 Oatmeal Muffin FRUIT Milk Variety	15 Cereal Graham's FRUIT Milk Variety	Cal 503 T.Fat 18.50 G S.Fat 5.3 G Chol 179.6 Mg Sodm 468.13 Mg Carb 67.01 G Fiber 5.1 G Prtn 18.76 G Iron 4.38 Mg Calc 262.22 Mg Vit A 7.13 RE
19 Cheese omelette Hashbrown Patty FRUIT Milk Variety	20 Breakfast Power Bar Muffin FRUIT Milk Variety	21 Waffle Stix/syrup Sausage link FRUIT Milk Variety	22 Cereal Graham's FRUIT Milk Variety	Cal 384 T.Fat 14.23 G S.Fat 3.9 G Chol 77.5 Mg Sodm 362.71 Mg Carb 55.82 G Fiber 2.3 G Prtn 9.54 G Iron 2.95 Mg Calc 245.01 Mg Vit A 10.51 RE
26 French Toast Syrup Bacon FRUIT Milk Variety	27 POPARTS Muffin FRUIT Milk Variety	28 Biscuits and Gravy Hashbrown Patty FRUIT Milk Variety	29 Cereal Graham's FRUIT Milk Variety	Cal 406 T.Fat 10.01 G S.Fat 3.1 G Chol 16.0 Mg Sodm 672.67 Mg Carb 69.15 G Fiber 2.3 G Prtn 11.32 G Iron 2.96 Mg Calc 313.31 Mg Vit A 21.04 RE

