

January

BREAKFAST

Monday Tuesday Wednesday Thursday Nutrients

2 NO SCHOOL	3 Combo Bars Muffin Applesauce Milk Variety	4 Biscuits and Gravy Hashbrown Patty Fruit Juice Milk Variety	5 Cereal Graham's FRUIT Milk Variety	Cal 389 T.Fat 12.25 G S.Fat 3.9 G Chol 35.2 Mg Sodm 780.87 Mg Carb 56.02 G Fiber 1.9 G Prtn 9.69 G Iron 2.67 Mg Calc 228.89 Mg Vit A 13.11 RE
9 Pancakes/Stick Syrup FRUIT Milk Variety	10 POPARTS Muffin FRUIT Milk Variety	11 Waffle Stix/syrup Sausage link Peaches Milk Variety	12 Cereal Graham's FRUIT Milk Variety	Cal 488 T.Fat 12.80 G S.Fat 3.8 G Chol 24.7 Mg Sodm 389.03 Mg Carb 77.37 G Fiber 2.3 G Prtn 12.14 G Iron 3.41 Mg Calc 339.36 Mg Vit A 30.03 RE
16 Breakfast Pizza FRUIT Milk Variety	17 Breakfast Power Bar Muffin FRUIT Milk Variety	18 Pancakes Egg Patty Syrup Peaches Milk Variety	19 Cereal Graham's FRUIT Milk Variety	Cal 518 T.Fat 21.92 G S.Fat 6.1 G Chol 310.1 Mg Sodm 598.70 Mg Carb 61.23 G Fiber 2.8 G Prtn 20.71 G Iron 4.46 Mg Calc 407.45 Mg Vit A 8.71 RE
23 Oatmeal Muffin FRUIT Milk Variety	24 POPARTS Muffin FRUIT Milk Variety	25 Biscuits and Gravy Hashbrown Patty Fruit Juice Milk Variety	26 Cereal Graham's FRUIT Milk Variety	Cal 508 T.Fat 11.53 G S.Fat 2.9 G Chol 16.8 Mg Sodm 642.01 Mg Carb 88.22 G Fiber 5.3 G Prtn 14.36 G Iron 4.41 Mg Calc 266.21 Mg Vit A 20.09 RE
30 Cheese Omelet Sausage link Muffin FRUIT Milk Variety	31 Combo Bars Muffin Applesauce Milk Variety	<i>This institution is an equal opportunity provider</i>		Cal 10459 T.Fat 768.07 G S.Fat 366.9 G Chol 18144.2 Mg Sodm 17424.65 Mg Carb 129.94 G Fiber 1.2 G Prtn 723.20 G Iron 59.89 Mg Calc 11070.28 Mg Vit A 5.59 RE

