



| Monday  | Tuesday   | Wednesday  | Thursday   | Nutrients  |
|---|---|--|--|--|
| <b>4</b><br>Breakfast Pizza<br>FRUIT<br>Milk Variety          | <b>5</b><br>Frudel<br>Muffin<br>FRUIT<br>Milk Variety               | <b>6</b><br>Biscuits and Gravy<br>Hashbrown Patty<br>Fruit<br>Milk Variety | <b>7</b><br>Cereal<br>Graham's<br>FRUIT<br>Milk Variety  | Cal 404<br>T.Fat 8.06 G<br>S.Fat 2.3 G<br>Chol 20.6 Mg<br>Sodm 331.95 Mg<br>Carb 69.63 G<br>Fiber 5.1 G<br>Prin 15.04 G<br>Iron 27.10 Mg   |
| <b>11</b><br>Pancakes<br>Syrup<br>Egg Patty<br>Bacon<br>FRUIT | <b>12</b><br>Breakfast Power Bar<br>Muffin<br>FRUIT<br>Milk Variety | <b>13</b><br>Oatmeal<br>Muffin<br>Fruit<br>Milk Variety                    | <b>14</b><br>Cereal<br>Graham's<br>FRUIT<br>Milk Variety | Cal 518<br>T.Fat 21.00 G<br>S.Fat 5.7 G<br>Chol 301.5 Mg<br>Sodm 503.98 Mg<br>Carb 65.45 G<br>Fiber 3.1 G<br>Prin 18.48 G<br>Iron 4.50 Mg  |
| <b>18</b>   | <b>19</b>   | <b>20</b>  | <b>21</b>  |  |
| Spring Break  |   |  |  |  |
| <b>25</b><br>Frudel<br>Muffin<br>FRUIT<br>Milk Variety        | <b>26</b><br>Breakfast Burrito<br>FRUIT<br>Milk Variety             | <b>27</b><br>Pancakes<br>Syrup<br>Egg Patty<br>Sausage link<br>FRUIT       | <b>28</b><br>Cereal<br>Graham's<br>FRUIT<br>Milk Variety | Cal 433<br>T.Fat 14.79 G<br>S.Fat 4.7 G<br>Chol 210.2 Mg<br>Sodm 532.65 Mg<br>Carb 57.50 G<br>Fiber 2.8 G<br>Prin 18.87 G<br>Iron 27.31 Mg |
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