

50 S-0	Monday	Tuesday	Wednesday	Thursday	Nutrients	
1	Cheese omlette Hashbrown Patty FRUIT Milk Variety	Combo Bars Muffin FRUIT Milk Variety	Waffle Stix/syrup Sausage link FRUIT Milk Variety	Cereal Grahams FRUIT Milk Variety	Cal 359 T.Fat 14.69 G S.Fat 4.6 G Chol 90.9 Mg Sodm 412.08 Mg Carb 46.94 G Fiber 1.9 G Prin 10.46 G Iron 2.47 Mg	
8	Yogurt Parfait Berries, Frozen Granola Grahams Milk Variety	POPTARTS Muffin FRUIT Milk Variety	Pancakes/Syrup Egg Patty Bacon FRUIT Milk Variety	Cereal Grahams FRUIT Milk Variety	Cal 568 T.Fat 20.71 G S.Fat 5.8 G Chol 299.5 Mg Sodm 554.69 Mg Carb 75.70 G Fiber 2.9 G Prth 20.55 G Iron 4.76 Mg	
15	Breakfast Pizza FRUIT Milk Variety	Breakfast Burrito FRUIT Milk Variety	French Toast Syrup Bacon FRUIT Milk Variety	Cereal Grahams FRUIT Milk Variety	Cal 321 T.Fat 8.52 G S.Fat 3.3 G Chal 60.8 Mg Sodm 455.32 Mg Carb 49.02 G Fiber 2.8 G Prin 13.88 G Iron 2.67 Mg	
22	Pancakes/Stick Syrup FRUIT Milk Variety	Frudel  Muffin  FRUIT  Milk Variety	24  Biscuits and Gravy  Hashbrown Patty  FRUIT  Milk Variety	Cereal Grahams FRUIT Milk Variety	Cal 352 T.Fat 9.11 G S.Fat 3.1 G Choi 18.1 Mg Sodm 640.50 Mg Carb 58.05 G Fiber 2.4 G Prth 11.42 G Iron 26.25 Mg	
29	Oatmeal Muffin FRUIT Milk Variety	30 Breakfast Power Bar Muffin FRUIT Milk Variety		stitution is an opportunity er	Cal 558 T.Fat 14.90 G S.Fat 2.8 G Chol 30.3 Mg Sodm 327.92 Mg Carb 93.80 G Fiber 8.7 G	