



Monday

Tuesday

Wednesday

Thursday

Nutrients

		1 Waffle Stix/syrup Sausage link FRUIT Milk Variety	2 Cereal Graham s FRUIT Milk Variety	Cal 402 T.Fat 10.93 G S.Fat 3.2 G Chol 20.1 Mg Sodm 249.01 Mg Carb 66.79 G Fiber 2.1 G Prtn 9.97 G
6 Breakfast Pizza FRUIT Milk Variety	7 Frudel Muffin FRUIT Milk Variety	8 Bagel Grilled Egg Patties FRUIT Milk Variety	9 Cereal Graham s FRUIT Milk Variety	Cal 316 T.Fat 6.96 G S.Fat 2.4 G Chol 39.8 Mg Sodm 447.38 Mg Carb 53.17 G Fiber 2.9 G Prtn 12.20 G
13 Cheese omltte Hashbrown Patty FRUIT Milk Variety	14 Breakfast Power Bar Muffin FRUIT Milk Variety	15 Yogurt Parfait Berries, Frozen Granola /Grahams Milk Variety	16 Cereal Graham s FRUIT Milk Variety	Cal 373 T.Fat 12.75 G S.Fat 3.6 G Chol 71.3 Mg Sodm 381.12 Mg Carb 56.99 G Fiber 3.1 G Prtn 10.06 G
20	21	22	23 Cereal Graham s FRUIT Milk Variety	Cal 368 T.Fat 7.55 G S.Fat 2.4 G Chol 9.8 Mg Sodm 330.07 Mg Carb 66.62 G Fiber 3.0 G Prtn 11.42 G
Cooks Choice				
27	28	29	30 <i>This institution is an equal opportunity provider</i>	