

Breakfast: Pre-K/K-6

January 2010



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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	got milk? [®]	Extra milk only 30 cents!		1 Winter Recess	
4 Pancake on a Stick * Maple Flavored Syrup Fruit Milk	5 Cereal Cheese Toast Fruit Juice Milk	6 Sausage Patty * Biscuit with Gravy Fruit Milk	7 Cereal Cinnamon Toast Fruit Juice Milk	8 Fluffy Scramled Eggs Toast w/Jelly Fresh Fruit Milk	Cal 480 T.Fat 13.74 G S.Fat 4.4 G Carb 71.94 G Prb 17.06 G Iroa 5.46 Mg Calc 529.03 Mg VitA 187.09 RE VitC 41.80 Mg
11 Pancake on a Stick * Maple Flavored Syrup Fruit Milk	12 Cereal Cheese Toast Fruit Juice Milk	13 Sausage Patty * Biscuit with Gravy Fresh Fruit Milk	14 Cereal Cinnamon Toast Fruit Juice Milk	15 Egg & Cheese Sand. Fresh Fruit Milk	Cal 483 T.Fat 14.88 G S.Fat 4.9 G Carb 70.81 G Prb 17.25 G Iroa 5.32 Mg Calc 563.01 Mg VitA 217.76 RE VitC 37.82 Mg
18 Martin Luther King Day No School	19 Cereal Cheese Toast Fruit Juice Milk	20 Sausage Patty * Biscuit with Gravy Fruit Milk	21 Cereal Cinnamon Toast Fruit Juice Milk	22 Fluffy Scramled Eggs Toast w/Jelly Fresh Fruit Milk	Cal 473 T.Fat 14.32 G S.Fat 4.4 G Carb 67.84 G Prb 17.01 G Iroa 6.39 Mg Calc 584.94 Mg VitA 225.58 RE VitC 44.81 Mg
25 Pancake on a Stick * Maple Flavored Syrup Fruit Milk	26 Cereal Cheese Toast Fruit Juice Milk	27 Sausage Patty * Biscuit with Gravy Fresh Fruit Milk	28 Cereal Cinnamon Toast Fruit Juice Milk	29 Egg & Cheese Sand. Fresh Fruit Milk	Cal 481 T.Fat 14.85 G S.Fat 4.9 G Carb 70.69 G Prb 16.94 G Iroa 3.04 Mg Calc 565.07 Mg VitA 205.36 RE VitC 41.76 Mg