

# ELEMENTARY SCHOOL WEEKLY BREAKFAST MENU



**Cost**  
Paid-\$1.75  
Reduced-\$0.30  
Milk-\$0.60

**Menu Subject to Change**

Monday

Tuesday

Wednesday

Thursday

Friday

Nutrients

<p>ASSORTED WHOLE GRAIN CEREALS TOASTED WHOLE WHEAT BAGEL W/ JAM OR BUTTER ASSORTED FRUIT FRESH OR CANNED YOGURT MILK</p>	<p>EGG &amp; CHEESE IN A WHOLE WHEAT WRAP ASSORTED WHOLE GRAIN MUFFINS ASSORTED FRUIT FRESH OR CANNED YOGURT MILK</p>	<p>WHOLE WHEAT PANCAKES OR FRENCH TOAST STICKS WHOLE GRAIN MUFFINS ASSORTED FRUIT FRESH OR CANNED YOGURT MILK</p>	<p>EGG &amp; CHEESE IN A WHOLE WHEAT WRAP ASSORTED WHOLE GRAIN MUFFINS ASSORTED FRUIT FRESH OR CANNED YOGURT MILK</p>	<p>ASSORTED WHOLE GRAIN CEREALS TOASTED WHOLE WHEAT BAGEL W/ JAM OR BUTTER ASSORTED FRUIT FRESH OR CANNED YOGURT MILK</p>	<p><b>Cal</b> 450 <b>T.Fat</b> 12.55 G <b>S.Fat</b> 4.9 G <b>Chol</b> 182.2 <b>Mg</b> <b>Sodm</b> 594.74 <b>Mg</b> <b>Carb</b> 64.94 G <b>Fiber</b> 3.7 G <b>Prtn</b> 20.45 G <b>Iron</b> 3.78 Mg <b>Calc</b> 400.12 <b>Mg</b> <b>Vit A</b> 29.28 <b>RE</b> <b>Vit C</b> 20.93 <b>Mg</b></p>
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Get off to a

THE USDA IS AN EQUAL OPPORTUNITY  
PROVIDOR AND EMPLOYER

**Good Start,**

Eat *Breakfast!*



**THE COST OF ALL MEALS ARE THE RESPONSIBILITY OF THE PARENT/GUARDIANS OF THE STUDENTS WE SERVE**