



Get off to a Good Start



..... *Eat Breakfast*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
C=Calories F=Fat SF=Saturated Fat CHO=Carbohydrates CHOICE OF CEREAL OFFERED DAILY CHOICE OF MILK AND JUICE AND FRESH FRUIT SERVED WITH EACH BREAKFAST	CHOICE OF: 1% WHITE MILK NONFAT CHOCOLATE MILK NONFAT STRAWBERRYMILK SERVED DAILY *All grains served are Whole Grain Rich (WGR)	1 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)	2 Mini Pancakes (C 200 F 6 SF 1 CHO 34)	3 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)
6 Cinnamon Bun (C 230 F 7 SF 2 CHO 37)	7 Mini Breakfast Bites (C 280 F 11 SF 5 CHO 43)	8 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)	9 Mini Waffles (C 190 F 6 SF 1 CHO 33)	10 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)
13 Honey Bun (C 340 F 12 SF 2.5 CHO 50)	14 Pan Dulce (C 250 F 8.9 SF 2 CHO 37.5)	15 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)	16 Goody Ring (C 230 F 11 SF 4 CHO 29)	17 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)
20 Cinnamon Bun (C 230 F 7 SF 2 CHO 37)	21 Mini Breakfast Bites (C 280 F 11 SF 5 CHO 43)	22 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)	23 Scone (C 276 F 7.7 SF 3 CHO 49.5)	24 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)
Memorial Day 27 	28 Pan Dulce (C 250 F 8.9 SF 2 CHO 37.5)	29 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)	30 Cook's Choice	31 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)

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Menu subject to change without notice