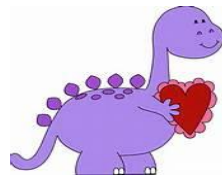




Get off to a Good Start



..... Eat Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>C=Calories F=Fat SF=Saturated Fat CHO=Carbohydrates</p>	<p>CHOICE OF CEREAL OFFERED DAILY CHOICE OF MILK AND JUICE AND FRESH FRUIT SERVED WITH EACH BREAKFAST</p>	<p>CHOICE OF: 1% WHITE MILK NONFAT CHOCOLATE MILK NONFAT STRAWBERRYMILK SERVED DAILY *All grains served are Whole Grain Rich (WGR)</p>		<p>Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)</p>
<p>MONDAY 4</p> <p>Honey Bun (C 340 F 12 SF 2.5 CHO 50)</p>	<p>TUESDAY 5</p> <p>Pan Dulce (C 250 F 8.9 SF 2 CHO 37.5)</p>	<p>WEDNESDAY 6</p> <p>Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)</p>	<p>THURSDAY 7</p> <p>Mini Pancakes (C 200 F 6 SF 1 CHO 34)</p>	<p>FRIDAY 8</p> <p>Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)</p>
<p>MONDAY 11</p> <p>Cinnamon Bun (C 230 F 7 SF 2 CHO 37)</p>	<p>TUESDAY 12</p> <p>Mini Breakfast Bites (C 280 F 11 SF 5 CHO 43)</p>	<p>WEDNESDAY 13</p> <p>Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)</p>	<p>THURSDAY 14</p> <p>Breakfast Pizza (C 210 F 7 SF 2 CHO 26)</p> <p>Happy Valentine's Day</p>	<p>FRIDAY 15</p> <p>HOLIDAY</p>
<p>MONDAY 18</p> <p>HOLIDAY</p>	<p>TUESDAY 19</p> <p>Pan Dulce (C 250 F 8.9 SF 2 CHO 37.5)</p>	<p>WEDNESDAY 20</p> <p>Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)</p>	<p>THURSDAY 21</p> <p>Mini Waffles (C 190 F 6 SF 1 CHO 33)</p>	<p>FRIDAY 22</p> <p>Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)</p>
<p>MONDAY 25</p> <p>Cinnamon Bun (C 230 F 7 SF 2 CHO 37)</p>	<p>TUESDAY 26</p> <p>Mini Breakfast Bites (C 280 F 11 SF 5 CHO 43)</p>	<p>WEDNESDAY 27</p> <p>Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)</p>	<p>THURSDAY 28</p> <p>Mini Pancakes (C 200 F 6 SF 1 CHO 34)</p>	<p>FRIDAY</p> <p>Make payments conveniently online at: www.k12paymentcenter.com</p>

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Menu subject to change without notice