








Get off to a Good Start



..... Eat Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Honey Bun (C 340 F 12 SF 2.5 CHO 50)	2 Pan Dulce (C 250 F 8.9 SF 2 CHO 37.5)	3 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)	4 Mini Pancakes (C 200 F 6 SF 1 CHO 34)	5 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)
8 Cinnamon Bun (C 230 F 7 SF 2 CHO 37)	9 Mini Breakfast Bites (C 280 F 11 SF 5 CHO 43)	10 Double Chocolate Muffin (C 229 F 6 SF 0.9 CHO 40)	11 Mini Waffles (C 190 F 6 SF 1 CHO 33)	12 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)
15 	16 	17	18	19 
22 	SPRING RECESS 4/15/19 – 4/26/19			26 
29 Honey Bun (C 340 F 12 SF 2.5 CHO 50)	30 Pan Dulce (C 250 F 8.9 SF 2 CHO 37.5)	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)

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Menu subject to change without notice