



Get off to a Good Start



..... Eat Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 2018	3 	SPRING BREAK 3/26/18 – 4/6/18		6
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 Goody Ring (C 230 F 11 SF 4 CHO 29)	10 Pan Dulce (C 250 F 8.9 SF 2 CHO 37.5)	11 Muffin (C 270 F 7 SF 1 CHO 45)	12 Mini Breakfast Bites (C 280 F 11 SF 5 CHO 43)	13 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 Honey Bun (C 340 F 12 SF 2.5 CHO 50)	17 Cinnamon Bun (C 230 F 7 SF 2 CHO 37)	18 Muffin Top (C 240 F 7 SF .5 CHO 42)	19 Dutch Waffles (C 300 F 13 SF 3 CHO 43)	20 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 Goody Ring (C 230 F 11 SF 4 CHO 29)	24 Pan Dulce (C 250 F 8.9 SF 2 CHO 37.5)	25 Muffin (C 270 F 7 SF 1 CHO 45)	26 Mini Pancakes (C 200 F 6 SF 1 CHO 34)	27 Chocolate Donuts (C 300 F 13 SF 8 CHO 39) OR Powdered Donuts (C 280 F 10 SF 3 CHO 42)
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Honey Bun (C 340 F 12 SF 2.5 CHO 50)	C= Calories F=Fat grams SF=Saturated Fat CHO=Carbohydrates Cereal info on bowl	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	

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Menu subject to change without notice