






Get off to a Good Start

..... Eat Breakfast



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Cal= Calories Fat=grams SF=Saturated Fat CHO=Carbohydrates Cereal info on bowl</p>	<p>CHOICE OF CEREAL OFFERED DAILY</p>	<p>CHOICE OF MILK AND JUICE AND FRESH FRUIT SERVED WITH EACH BREAKFAST</p>	<p>Pancake & Sausage on a Stick C 179 F 5.7 SF 1.9 CHO 22.8</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>5 Goody Ring C 230 F 11 SF 2 CHO 29</p>	<p>6 Pan Dulce C 250 F 8.9 SF 2 CHO 37.5</p>	<p>7 Muffin C 270 F 7 SF 1 CHO 45</p>	<p>8 Mini Breakfast Bites C 280 F 11 SF 5 CHO 43</p>	<p>9 Chocolate Donuts C 300 F 13 SF 8 CHO 39 or Powdered Donuts C 280 F 10 SF 3 CHO 42</p>
<p>12 Honey Bun C 340 F 12 SF 2.5 CHO 50</p>	<p>13 Cinnamon Bun CAL 230 F 7 SF 2 CHO 37</p>	<p>14 Muffin Top C 240 F 7 SF .5 CHO 42</p>	<p>15 Dutch Waffles C 300 F 13 SF 3 CHO 43</p>	<p>16 HOLIDAY</p> 
<p>19 HOLIDAY</p> 	<p>20 Pan Dulce C 250 F 8.9 SF 2 CHO 37.5</p>	<p>21 Muffin C 270 F 7 SF 1 CHO 45</p>	<p>22 Mini Pancakes C 170 f 5 SF .5 Cho 30.4</p>	<p>23 Chocolate Donuts C 300 F 13 SF 8 CHO 39 or Powdered Donuts C 280 F 10 SF 3 CHO 42</p>
<p>26 Honey Bun C 340 F 12 SF 2.5 CHO 50</p>	<p>27 Cinnamon Bun CAL 230 F 7 SF 2 CHO 37</p>		<p>Make payments conveniently online at: www.k12paymentcenter.com</p> 	<p>You may apply for free or reduced priced meals at: www.lunchapplication.com</p>

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“Esta institución es un proveedor que ofrece igualdad de oportunidades.”

Menu subject to change without notice