



Monday	Tuesday	Wednesday	Thursday	Friday	
HS/EL BREAKFAST		2010-2011			
6 LABOR DAY	7 SUPERINTENDENT'S DAY	8 SUPERINTENDENT'S DAY NO SCHOOL TODAY	9 ENGLISH MUFFIN * SAUSAGE CEREAL,VARIETY FRUIT JUICE,ASSORTED MILK - Variety FRESH FRUIT BOWL	10 TOAST, MIXED GRAIN BREAD CEREAL,VARIETY BANANAS FRUIT JUICE,ASSORTED MILK - Variety	<b>Cal 472</b> <b>T.Fat 9.55 G</b> <b>S.Fat 3.5 G</b> <b>Chol 33.7 Mg</b> <b>Sodm 515.80 Mg</b>
13 TOAST, MIXED GRAIN BREAD CEREAL,VARIETY APPLES,Fresh FRUIT JUICE,ASSORTED MILK - Variety FRESH FRUIT BOWL	14 ENGLISH MUFFINS,PLAIN,TO CEREAL,VARIETY FRUIT JUICE,ASSORTED MILK - Variety FRESH FRUIT BOWL JELLY	15 FRENCH TOAST STRIPS MAPLE SYRUP CEREAL,VARIETY FRUIT JUICE,ASSORTED MILK - Variety FRESH FRUIT BOWL	16 PLAIN BAGEL CREAM CHEESE CEREAL,VARIETY FRUIT JUICE,ASSORTED MILK - Variety APPLES,Fresh	17 BREAKFAST COMBOS CEREAL,VARIETY FRUIT JUICE,ASSORTED MILK - Variety APPLES,Fresh	<b>Cal 548</b> <b>T.Fat 7.45 G</b> <b>S.Fat 3.1 G</b> <b>Chol 36.9 Mg</b> <b>Sodm 372.94 Mg</b>
20 TOAST,WHOLE-WHEAT BREAD CEREAL,VARIETY FRUIT JUICE,ASSORTED MILK - Variety FRESH FRUIT BOWL JELLY	21 ENGLISH MUFFINS,PLAIN,TO CEREAL,VARIETY FRUIT JUICE,ASSORTED MILK - Variety JELLY PEANUT BUTTER APPLES,Fresh	22 HONEY BUN PASTRY CEREAL,VARIETY FRUIT JUICE,ASSORTED MILK - Variety APPLES,Fresh	23 BREAKFAST HOT POCKETS CEREAL,VARIETY FRUIT JUICE,ASSORTED APPLES,Fresh MILK - Variety	24 YOGURT CEREAL,VARIETY FRUIT JUICE,ASSORTED MILK - Variety FRESH FRUIT BOWL	<b>Cal 472</b> <b>T.Fat 7.63 G</b> <b>S.Fat 3.0 G</b> <b>Chol 15.7 Mg</b> <b>Sodm 338.76 Mg</b>
27 TOAST, MIXED GRAIN BREAD CEREAL,VARIETY MILK - Variety FRUIT JUICE,ASSORTED APPLES,Fresh JELLY	28 TOAST, MIXED GRAIN BREAD CEREAL,VARIETY FRESH FRUIT BOWL FRUIT JUICE,ASSORTED MILK - Variety JELLY	29 ENGLISH MUFFIN * SAUSAGE CEREAL,VARIETY FRESH FRUIT BOWL FRUIT JUICE,ASSORTED MILK - Variety	30 POP TARTS CEREAL,VARIETY FRUIT JUICE,ASSORTED MILK - Variety APPLES,Fresh FRESH FRUIT BOWL		<b>Cal 746</b> <b>T.Fat 14.47 G</b> <b>S.Fat 3.9 G</b> <b>Chol 12.8 Mg</b> <b>Sodm 398.93 Mg</b>