








# Colorado Springs District 11 Food & Nutrition Services Menu Globe Breakfast November 2009



Monday	Tuesday	Wednesday	Thursday	Friday	Nutritional Averages
<b>2</b> YOGURT W/MUFFIN PANCAKE ON A STICK TATER TOTS FRUIT COCKTAIL	<b>3</b> ULTIMATE BREAKFAST ROUND EGGO MUFFIN W/SAUSAGE & CHEESE POTATO TRIANGLE ORANGE WEDGES	<b>4</b> SAUSAGE BISCUIT FRENCH TOAST STICKS W/SAUSAGE TATER TOTS APPLESAUCE	<b>5</b> BREAKFAST BURRITO ULTIMATE BREAKFAST ROUND POTATO TRIANGLE PEACHES	<b>6</b> CINNAMON ROLL BISCUIT W/SAUSAGE GRAVY TATER TOTS MANDARIN ORANGES	<b>11/2/2009-11/6/2009</b> Calories 659 Cholesterol 38 Mg Sodium 1376 Mg Fiber 4.8 G Iron 4.1 Mg Calcium 313.1 Mg Vitamin A 293 IU Vitamin C 33.1 Mg Protein 17.4 G Carbs 109.0 G Total Fat 26.3 % Sat Fat 6.6 %
<b>9</b> ULTIMATE BREAKFAST ROUND BREAKFAST PIZZA POTATO TRIANGLE FRUIT COCKTAIL	<b>10</b> PANCAKE ON A STICK SAUSAGE BISCUIT TATER TOTS ORANGE WEDGES	<b>11</b> NO SCHOOL 	<b>12</b> ULTIMATE BREAKFAST ROUND BREAKFAST BURRITO TATER TOTS PINEAPPLE	<b>13</b> FRENCH TOAST W/HAM CINNAMON ROLL POTATO TRIANGLE MANDARIN ORANGES	<b>11/9/2009-11/13/2009</b> Calories 625 Cholesterol 31 Mg Sodium 1282 Mg Fiber 4.6 G Iron 3.6 Mg Calcium 291.8 Mg Vitamin A 331 IU Vitamin C 38.8 Mg Protein 14.9 G Carbs 110.8 G Total Fat 22.2 % Sat Fat 5.7 %
<b>16</b> YOGURT W/MUFFIN PANCAKE ON A STICK TATER TOTS FRUIT COCKTAIL	<b>17</b> ULTIMATE BREAKFAST ROUND EGGO MUFFIN W/SAUSAGE & CHEESE POTATO TRIANGLE ORANGE WEDGES	<b>18</b> SCRAMBLED EGGS W/CHEESE W/SAUSAGE SAUSAGE BISCUIT TATER TOTS APPLESAUCE	<b>19</b> ULTIMATE BREAKFAST ROUND FRENCH TOAST STICKS W/HAM POTATO TRIANGLE PEACHES	<b>20</b> CINNAMON ROLL BISCUIT W/SAUSAGE GRAVY TATER TOTS MANDARIN ORANGES	<b>11/16/2009-11/20/2009</b> Calories 659 Cholesterol 43 Mg Sodium 1376 Mg Fiber 4.6 G Iron 3.9 Mg Calcium 310.6 Mg Vitamin A 289 IU Vitamin C 32.1 Mg Protein 16.9 G Carbs 110.1 G Total Fat 26.0 % Sat Fat 6.4 %
<b>23</b> PANCAKE ON A STICK BREAKFAST PIZZA POTATO TRIANGLE FRUIT COCKTAIL	<b>24</b> ULTIMATE BREAKFAST ROUND EGG MUFFIN W/HAM & CHEESE TATER TOTS ORANGE WEDGES	<b>25</b> NO SCHOOL 	<b>26</b> NO SCHOOL 	<b>27</b> NO SCHOOL 	<b>11/23/2009-11/27/2009</b> Calories 593 Cholesterol 19 Mg Sodium 1304 Mg Fiber 3.2 G Iron 3.4 Mg Calcium 289.6 Mg Vitamin A 262 IU Vitamin C 31.7 Mg Protein 14.8 G Carbs 100.5 G Total Fat 24.9 % Sat Fat 6.6 %
<b>30</b> YOGURT W/MUFFIN PANCAKE ON A STICK TATER TOTS FRUIT COCKTAIL				Have a "compliment" or a "concern" that you would like to voice to the Director of Food & Nutrition Services? You may contact Rick Hughes by telephone at (719) 520-2924, by email at hugherrh@D11.org, or at <a href="http://www.d11.org/fns/rantsandraves.htm">http://www.d11.org/fns/            rantsandraves.htm</a>	<b>11/30/2009</b> Calories 577 Cholesterol 8 Mg Sodium 1218 Mg Fiber 6.1 G Iron 3.8 Mg Calcium 283.7 Mg Vitamin A 250 IU Vitamin C 28.7 Mg Protein 12.7 G Carbs 101.0 G Total Fat 23.9 % Sat Fat 6.0 %

**Plus hot/cold cereal, milk, and 100% juice offered daily for your enjoyment. \*\*Daily nutritional analysis is subject to change due to menu changes\*\***

**Breakfast: \$1.10      Reduced Price: FREE**

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