



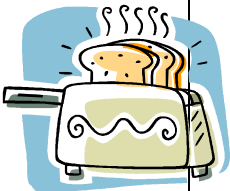
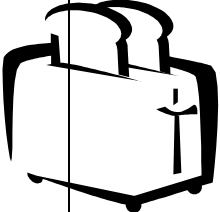




**Colorado Springs District 11  
Food & Nutrition Services Menu  
Grab 'N Go Breakfast  
November 2009**



Monday	Tuesday	Wednesday	Thursday	Friday	Nutritional Averages
2 YOGURT W/MUFFIN POTATO TRIANGLE	3 SAUSAGE BISCUIT W/CHEESE	4 EGGO BAGEL W/SAUSAGE	5 SAUSAGE & CHEESE BREAKFAST BURRITO TACO SAUCE PACKET POTATO TRIANGLE	6 EGGO MUFFIN W/ SAUSAGE	<b>11/2/2009-11/8/2009</b> Calories 643 Cholesterol 126 Mg Sodium 959 Mg Fiber 4.7 G Iron 5.9 Mg Calcium 467.0 Mg Vitamin A 1082 IU Vitamin C 37.5 Mg Protein 25.9 G Carbs 98.4 G Total Fat 22.3 % Sat Fat 6.8 %
9 CINNAMON ROLL POTATO TRIANGLE	10 SAUSAGE BISCUIT W/CHEESE	11 <b>NO SCHOOL</b> 	12 SAUSAGE & CHEESE BREAKFAST BURRITO TACO SAUCE PACKET POTATO TRIANGLE	13 EGGO MUFFIN W/ SAUSAGE	<b>11/9/2009-11/13/2009</b> Calories 625 Cholesterol 124 Mg Sodium 987 Mg Fiber 5.1 G Iron 6.2 Mg Calcium 448.2 Mg Vitamin A 1022 IU Vitamin C 37.6 Mg Protein 25.4 G Carbs 96.5 G Total Fat 22.7 % Sat Fat 6.8 %
16 PANCAKE ON A STICK POTATO TRIANGLE	17 EGGO MUFFIN W/SAUSAGE	18 EGGO BAGEL W/SAUSAGE	19 HAM & CHEESE BREAKFAST BURRITO TACO SAUCE PACKET POTATO TRIANGLE	20 EGGO MUFFIN W/ SAUSAGE	<b>11/16/2009-11/20/2009</b> Calories 636 Cholesterol 158 Mg Sodium 1024 Mg Fiber 5.1 G Iron 9.8 Mg Calcium 461.3 Mg Vitamin A 1047 IU Vitamin C 37.5 Mg Protein 28.1 G Carbs 96.5 G Total Fat 21.9 % Sat Fat 7.2 %
23 YOGURT W/MUFFIN POTATO TRIANGLE	24 SAUSAGE BISCUIT W/CHEESE	25 <b>NO SCHOOL</b> 	26 <b>NO SCHOOL</b> 	27 <b>NO SCHOOL</b> 	<b>11/23/2009-11/24/2009</b> Calories 631 Cholesterol 23 Mg Sodium 843 Mg Fiber 3.9 G Iron 2.1 Mg Calcium 409.1 Mg Vitamin A 871 IU Vitamin C 37.4 Mg Protein 19.3 G Carbs 104.1 G Total Fat 23.5 % Sat Fat 5.9 %
30 CINNAMON ROLL POTATO TRIANGLE			<p>Have a "compliment" or a "concern" that you would like to voice to the Director of Food &amp; Nutrition Services? You may contact Rick Hughes by telephone at (719) 520-2924, by email at <a href="mailto:hugherrh@D11.org">hugherrh@D11.org</a>, or at <a href="http://www.d11.org/fns/rantsandraves.htm">http://www.d11.org/fns/rantsandraves.htm</a></p>		<b>11/30/2009</b> Calories 621 Cholesterol 5 Mg Sodium 757 Mg Fiber 6.4 G Iron 2.2 Mg Calcium 364.7 Mg Vitamin A 818 IU Vitamin C 40.5 Mg Protein 15.2 G Carbs 109.9 G Total Fat 21.9 % Sat Fat 4.5 %

**FRESH FRUIT, JUICE & MILK OFFERED DAILY.**

**Breakfast \$1.20 Reduced Price FREE**

**You could possibly save hundreds of \$\$ on school lunch and breakfast! Pick up a free & reduced price meal application today and check it out! Applications are available at all school sites.**

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