








# Colorado Springs District 11 Food & Nutrition Services Menu Roosevelt 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

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.

The United States Department of Agriculture (USDA) prohibits discrimination in its programs on the basis of race, color, national origin, sex, religion, disability, political beliefs, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternate means for communication of program information (Braille, large print, audio tape, etc.) should contact the USDA TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity employer.