



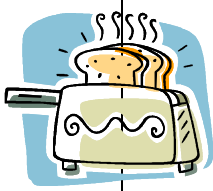





**Colorado Springs District 11
Food & Nutrition Services Menu
Middle/High School Breakfast
November 2009**



Monday	Tuesday	Wednesday	Thursday	Friday	Nutritional Averages
2 PANCAKES W/HAM POTATO TRIANGLE FRUIT COCKTAIL	3 SCRAMBLED EGG W/CHEESE W/HAM & TOAST TATER TOTS APPLESAUCE	4 FRENCH TOAST W/HAM SLICE POTATO TRIANGLE PEARS	5 BREAKFAST BURRITO TATER TOTS PEACHES	6 BISCUIT W/SAUSAGE GRAVY POTATO TRIANGLE MANDARIN ORANGES	11/2/2009-11/6/2009 Calories 621 Cholesterol 86 Mg Sodium 958 Mg Fiber 4.5 G Iron 5.5 Mg Calcium 359.8 Mg Vitamin A 773 IU Vitamin C 28.9 Mg Protein 20.0 G Carbs 98.9 G Total Fat 25.5 % Sat Fat 7.9 %
9 YOGURT W/MUFFIN POTATO TRIANGLE FRUIT COCKTAIL	10 WAFFLE STICKS W/HAM TATER TOTS APPLESAUCE	11 NO SCHOOL 	12 BREAKFAST BURRITO TATER TOTS PINEAPPLE	13 BISCUIT W/SAUSAGE GRAVY POTATO TRIANGLE MANDARIN ORANGES	11/9/2009-11/19/2009 Calories 642 Cholesterol 80 Mg Sodium 941 Mg Fiber 5.6 G Iron 4.8 Mg Calcium 387.2 Mg Vitamin A 937 IU Vitamin C 42.5 Mg Protein 19.4 G Carbs 108.1 G Total Fat 22.6 % Sat Fat 6.4 %
16 PANCAKES W/HAM POTATO TRIANGLE FRUIT COCKTAIL	17 SCRAMBLED EGG W/CHEESE W/SAUSAGE & TOAST TATER TOTS APPLESAUCE	18 FRENCH TOAST W/HAM POTATO TRIANGLE PEARS	19 BREAKFAST BURRITO TATER TOTS PEACHES	20 BISCUIT W/SAUSAGE GRAVY POTATO TRIANGLE MANDARIN ORANGES	11/16/2009-11/20/2009 Calories 581 Cholesterol 84 Mg Sodium 919 Mg Fiber 4.2 G Iron 5.2 Mg Calcium 333.8 Mg Vitamin A 729 IU Vitamin C 27.8 Mg Protein 18.8 G Carbs 92.7 G Total Fat 24.8 % Sat Fat 7.2 %
23 MANDARIN YOGURT PARFAIT POTATO TRIANGLE FRUIT COCKTAIL	24 SAUSAGE BISCUIT W/CHEESE TATER TOTS APPLESAUCE	25 NO SCHOOL 	26 NO SCHOOL 	27 NO SCHOOL 	11/23/2009-11/24/2009 Calories 560 Cholesterol 59 Mg Sodium 917 Mg Fiber 3.9 G Iron 3.1 Mg Calcium 352.7 Mg Vitamin A 688 IU Vitamin C 27.4 Mg Protein 18.2 G Carbs 86.4 G Total Fat 26.9 % Sat Fat 7.9 %
30 PANCAKES W/HAM POTATO TRIANGLE 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 hughherh@D11.org , or at http://www.d11.org/fns/rantsandraves.htm	11/30/2009 Calories 600 Cholesterol 69 Mg Sodium 883 Mg Fiber 4.0 G Iron 3.6 Mg Calcium 367.3 Mg Vitamin A 779 IU Vitamin C 30.5 Mg Protein 18.0 G Carbs 107.1 G Total Fat 18.1 % Sat Fat 4.9 %

HOT OR COLD CEREAL & BISCUIT, BAGEL WITH CREAM CHEESE ARE OFFERED DAILY. AN EGG MUFFIN SANDWICH, FRESH FRUIT, MILK AND 100% JUICE ALSO 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.

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 DD). 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.