








Colorado Springs District 11 Food & Nutrition Services Menu STAR Academy Breakfast November 2009



Monday	Tuesday	Wednesday	Thursday	Friday	Nutritional Averages
2 YOGURT W/BLEUBERRY MUFFIN PANCAKE ON A STICK TATER TOTS FRUIT COCKTAIL	3 ULTIMATE BREAKFAST ROUND EGGO MUFFIN W/SAUSAGE & CHEESE POTATO TRIANGLE ORANGE WEDGES	4 SAUSAGE BISCUIT FRENCH TOAST STICKS W/SAUSAGE TATER TOTS APPLESAUCE	5 BREAKFAST BURRITO ULTIMATE BREAKFAST ROUND POTATO TRIANGLE PEACHES	6 CINNAMON ROLL BISCUIT W/SAUSAGE GRAVY TATER TOTS MANDARIN ORANGES	11/2/2009-11/6/2009 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 %
9 ULTIMATE BREAKFAST ROUND BREAKFAST PIZZA POTATO TRIANGLE FRUIT COCKTAIL	10 PANCAKE ON A STICK SAUSAGE BISCUIT TATER TOTS ORANGE WEDGES	11 NO SCHOOL 	12 ULTIMATE BREAKFAST ROUND BREAKFAST BURRITO TATER TOTS PINEAPPLE	13 FRENCH TOAST W/HAM CINNAMON ROLL POTATO TRIANGLE MANDARIN ORANGES	11/9/2009-11/13/2009 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 %
16 YOGURT W/BLEUBERRY MUFFIN PANCAKE ON A STICK TATER TOTS FRUIT COCKTAIL	17 ULTIMATE BREAKFAST ROUND EGGO MUFFIN W/SAUSAGE & CHEESE POTATO TRIANGLE ORANGE WEDGES	18 SCRAMBLED EGGS W/CHEESE W/SAUSAGE SAUSAGE BISCUIT TATER TOTS APPLESAUCE	19 ULTIMATE BREAKFAST ROUND FRENCH TOAST STICKS W/HAM POTATO TRIANGLE PEACHES	20 CINNAMON ROLL BISCUIT W/SAUSAGE GRAVY TATER TOTS MANDARIN ORANGES	11/16/2009-11/20/2009 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 %
23 PANCAKE ON A STICK BREAKFAST PIZZA POTATO TRIANGLE FRUIT COCKTAIL	24 ULTIMATE BREAKFAST ROUND EGG MUFFIN W/HAM & CHEESE TATER TOTS ORANGE WEDGES	25 NO SCHOOL 	26 NO SCHOOL 	27 NO SCHOOL 	11/23/2009-11/27/2009 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 %
30 YOGURT W/BLEUBERRY 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 http://www.d11.org/fns/ rantsandraves.htm	11/30/2009 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.

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