



# Colorado Springs District 11 Food & Nutrition Services Menu 21st Century Breakfast October 2009



Monday	Tuesday	Wednesday	Thursday	Friday	Nutritional Averages
<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/">http://www.d11.org/fns/</a></p>			<p>1</p> <p>ULTIMATE BREAKFAST ROUND BREAKFAST BURRITO TATER TOTS PINEAPPLE</p>	<p>2</p> <p>FRENCH TOAST W/HAM CINNAMON ROLL POTATO TRIANGLE MANDARIN ORANGES</p>	<p><b>10/01/2009-10/02/2009</b></p> <p>Calories 645 Cholesterol 45 mg Sodium 1258 mg Fiber 4.9 g Iron 3.6 mg Calcium 302.7 mg Vitamin A 1145 IU Vitamin C 39.5 mg Protein 15.4 g Carbs 116.4 g Total Fat 20.7 % Sat Fat 5.1 %</p>
<p>5</p> <p>YOGURT W/BLUEBERRY MUFFIN PANCAKE ON A STICK TATER TOTS FRUIT COCKTAIL</p>	<p>6</p> <p>ULTIMATE BREAKFAST ROUND EGGO MUFFIN W/SAUSAGE &amp; CHEESE POTATO TRIANGLE ORANGE WEDGES</p>	<p>7</p> <p>SCRAMBLED EGGS W/CHEESE W/SAUSAGE SAUSAGE BISCUIT TATER TOTS APPLESAUCE</p>	<p>8</p> <p>ULTIMATE BREAKFAST ROUND FRENCH TOAST STICKS W/HAM POTATO TRIANGLE PEACHES</p>	<p>9</p> <p>CINNAMON ROLL BISCUIT W/SAUSAGE GRAVY TATER TOTS MANDARIN ORANGES</p>	<p><b>10/05/2009-10/09/2009</b></p> <p>Calories 659 Cholesterol 43 mg Sodium 1376 mg Fiber 4.6 g Iron 3.9 mg Calcium 310.6 mg Vitamin A 1035 IU Vitamin C 32.1 mg Protein 16.9 g Carbs 110.1 g Total Fat 26.0 % Sat Fat 6.4 %</p>
<p>12</p> <p>PANCAKE ON A STICK SAUSAGE BISCUIT POTATO TRIANGLE FRUIT COCKTAIL</p>	<p>13</p> <p>ULTIMATE BREAKFAST ROUND EGG MUFFIN W/HAM &amp; CHEESE TATER TOTS ORANGE WEDGES</p>	<p>14</p> <p>SAUSAGE BISCUIT BREAKFAST BURRITO POTATO TRIANGLE PEARS</p>	<p>15</p> <p>ULTIMATE BREAKFAST ROUND BISCUIT W/SAUSAGE GRAVY TATER TOTS PINEAPPLE</p>	<p>16</p> <p>CINNAMON ROLL FRENCH TOAST STICKS W/SAUSAGE POTATO TRIANGLE MANDARIN ORANGES</p>	<p><b>10/12/2009-10/16/2009</b></p> <p>Calories 561 Cholesterol 47 mg Sodium 1275 mg Fiber 3.8 g Iron 3.7 mg Calcium 309.5 mg Vitamin A 1023 IU Vitamin C 30.6 mg Protein 15.8 g Carbs 93.6 g Total Fat 24.5 % Sat Fat 6.7 %</p>
<p>19</p> <p>YOGURT W/BLUEBERRY MUFFIN PANCAKE ON A STICK TATER TOTS FRUIT COCKTAIL</p>	<p>20</p> <p>ULTIMATE BREAKFAST ROUND PANCAKE &amp; SAUSAGE POTATO TRIANGLE ORANGE WEDGES</p>	<p>21</p> <p>EGG MUFFIN W/SAUSAGE &amp; CHEESE SAUSAGE BISCUIT TATER TOTS APPLESAUCE</p>	<p>22</p> <p>ULTIMATE BREAKFAST ROUND FRENCH TOAST W/HAM POTATO TRIANGLE PINEAPPLE</p>	<p>23</p> <p>CINNAMON ROLL BISCUIT W/SAUSAGE GRAVY TATER TOTS MANDARIN ORANGES</p>	<p><b>10/19/2009-10/23/2009</b></p> <p>Calories 640 Cholesterol 37 mg Sodium 1341 mg Fiber 4.0 g Iron 6.5 mg Calcium 298.3 mg Vitamin A 1009 IU Vitamin C 33.4 mg Protein 17.0 g Carbs 112.8 g Total Fat 22.5 % Sat Fat 5.9 %</p>
<p>26</p> <p style="text-align: center;">NO SCHOOL</p>	<p>27</p> <p style="text-align: center;">NO SCHOOL</p>	<p>28</p> <p style="text-align: center;">NO SCHOOL</p>	<p>29</p> <p style="text-align: center;">NO SCHOOL</p>	<p>30</p> <p style="text-align: center;">NO SCHOOL</p>	<p><b>10/26/2009-10/30/2009</b></p> <p>Calories mg Cholesterol mg Sodium mg Fiber g Iron mg Calcium mg Vitamin A IU Vitamin C mg Protein g Carbs g Total Fat % Sat Fat %</p>

**Hot/cold cereal with a graham cracker offered Mondays, Hot/cold cereal with a biscuit offered Tuesday thru Friday.  
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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