



# Colorado Springs District 11 Food & Nutrition Services Menu Elementary 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 hugherrh@d11.org, or at <a href="http://www.d11.org/fns/rantsandraves.htm">http://www.d11.org/fns/rantsandraves.htm</a></p>			<p>1 ULTIMATE BREAKFAST ROUND BREAKFAST BURRITO TATER TOTS PINEAPPLE</p>	<p>2 FRENCH TOAST W/HAM CINNAMON ROLL POTATO TRIANGLE MANDARIN ORANGES</p>	<p><b>10/01/2009-10/02/2009</b></p> <table border="0"> <tr><td>Calories</td><td>645</td></tr> <tr><td>Cholesterol</td><td>45 mg</td></tr> <tr><td>Sodium</td><td>1258 mg</td></tr> <tr><td>Fiber</td><td>4.9 g</td></tr> <tr><td>Iron</td><td>3.6 mg</td></tr> <tr><td>Calcium</td><td>302.7 mg</td></tr> <tr><td>Vitamin A</td><td>1145 IU</td></tr> <tr><td>Vitamin C</td><td>39.5 mg</td></tr> <tr><td>Protein</td><td>15.4 g</td></tr> <tr><td>Carbs</td><td>116.4 g</td></tr> <tr><td>Total Fat</td><td>20.7 %</td></tr> <tr><td>Sat Fat</td><td>5.1 %</td></tr> </table>	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 %
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>5 YOGURT W/BLEUBERRY MUFFIN PANCAKE ON A STICK TATER TOTS FRUIT COCKTAIL</p>	<p>6 ULTIMATE BREAKFAST ROUND EGGO MUFFIN W/SAUSAGE &amp; CHEESE POTATO TRIANGLE ORANGE WEDGES</p>	<p>7 SCRAMBLED EGGS W/CHEESE W/SAUSAGE SAUSAGE BISCUIT TATER TOTS APPLESAUCE</p>	<p>8 ULTIMATE BREAKFAST ROUND FRENCH TOAST STICKS W/HAM POTATO TRIANGLE PEACHES</p>	<p>9 CINNAMON ROLL BISCUIT W/SAUSAGE GRAVY TATER TOTS MANDARIN ORANGES</p>	<p><b>10/05/2009-10/09/2009</b></p> <table border="0"> <tr><td>Calories</td><td>659</td></tr> <tr><td>Cholesterol</td><td>43 mg</td></tr> <tr><td>Sodium</td><td>1376 mg</td></tr> <tr><td>Fiber</td><td>4.6 g</td></tr> <tr><td>Iron</td><td>3.9 mg</td></tr> <tr><td>Calcium</td><td>310.6 mg</td></tr> <tr><td>Vitamin A</td><td>1035 IU</td></tr> <tr><td>Vitamin C</td><td>32.1 mg</td></tr> <tr><td>Protein</td><td>16.9 g</td></tr> <tr><td>Carbs</td><td>110.1 g</td></tr> <tr><td>Total Fat</td><td>26.0 %</td></tr> <tr><td>Sat Fat</td><td>6.4 %</td></tr> </table>	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 %
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>12 PANCAKE ON A STICK SAUSAGE BISCUIT POTATO TRIANGLE FRUIT COCKTAIL</p>	<p>13 ULTIMATE BREAKFAST ROUND EGG MUFFIN W/HAM &amp; CHEESE TATER TOTS ORANGE WEDGES</p>	<p>14 SAUSAGE BISCUIT BREAKFAST BURRITO POTATO TRIANGLE PEARS</p>	<p>15 ULTIMATE BREAKFAST ROUND BISCUIT W/SAUSAGE GRAVY TATER TOTS PINEAPPLE</p>	<p>16 <b>NO SCHOOL</b></p> <div style="text-align: center;"> </div>	<p><b>10/12/2009-10/16/2009</b></p> <table border="0"> <tr><td>Calories</td><td>561</td></tr> <tr><td>Cholesterol</td><td>47 mg</td></tr> <tr><td>Sodium</td><td>1275 mg</td></tr> <tr><td>Fiber</td><td>3.8 g</td></tr> <tr><td>Iron</td><td>3.7 mg</td></tr> <tr><td>Calcium</td><td>309.5 mg</td></tr> <tr><td>Vitamin A</td><td>1023 IU</td></tr> <tr><td>Vitamin C</td><td>30.6 mg</td></tr> <tr><td>Protein</td><td>15.8 g</td></tr> <tr><td>Carbs</td><td>93.6 g</td></tr> <tr><td>Total Fat</td><td>24.5 %</td></tr> <tr><td>Sat Fat</td><td>6.7 %</td></tr> </table>	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 %
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>19 YOGURT W/BLEUBERRY MUFFIN PANCAKE ON A STICK TATER TOTS FRUIT COCKTAIL</p>	<p>20 ULTIMATE BREAKFAST ROUND PANCAKE &amp; SAUSAGE POTATO TRIANGLE ORANGE WEDGES</p>	<p>21 EGG MUFFIN W/SAUSAGE &amp; CHEESE SAUSAGE BISCUIT TATER TOTS APPLESAUCE</p>	<p>22 ULTIMATE BREAKFAST ROUND FRENCH TOAST W/HAM POTATO TRIANGLE PINEAPPLE</p>	<p>23 CINNAMON ROLL BISCUIT W/SAUSAGE GRAVY TATER TOTS MANDARIN ORANGES</p>	<p><b>10/19/2009-10/23/2009</b></p> <table border="0"> <tr><td>Calories</td><td>640</td></tr> <tr><td>Cholesterol</td><td>37 mg</td></tr> <tr><td>Sodium</td><td>1341 mg</td></tr> <tr><td>Fiber</td><td>4.0 g</td></tr> <tr><td>Iron</td><td>6.5 mg</td></tr> <tr><td>Calcium</td><td>298.3 mg</td></tr> <tr><td>Vitamin A</td><td>1009 IU</td></tr> <tr><td>Vitamin C</td><td>33.4 mg</td></tr> <tr><td>Protein</td><td>17.0 g</td></tr> <tr><td>Carbs</td><td>112.8 g</td></tr> <tr><td>Total Fat</td><td>22.5 %</td></tr> <tr><td>Sat Fat</td><td>5.9 %</td></tr> </table>	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 %
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>26 PANCAKE ON A STICK FRENCH TOAST W/SAUSAGE POTATO TRIANGLE FRUIT COCKTAIL</p>	<p>27 ULTIMATE BREAKFAST ROUND EGGO MUFFIN W/HAM &amp; CHEESE TATER TOTS ORANGE WEDGES</p>	<p>28 SAUSAGE BISCUIT BREAKFAST BURRITO POTATO TRIANGLE PEARS</p>	<p>29 <b>NO SCHOOL</b></p> <div style="text-align: center;"> </div>	<p>30 <b>NO SCHOOL</b></p> <div style="text-align: center;"> </div>	<p><b>10/26/2009-10/30/2009</b></p> <table border="0"> <tr><td>Calories</td><td>656</td></tr> <tr><td>Cholesterol</td><td>78 mg</td></tr> <tr><td>Sodium</td><td>1295 mg</td></tr> <tr><td>Fiber</td><td>3.3 g</td></tr> <tr><td>Iron</td><td>8.5 mg</td></tr> <tr><td>Calcium</td><td>322.8 mg</td></tr> <tr><td>Vitamin A</td><td>1079 IU</td></tr> <tr><td>Vitamin C</td><td>33.0 mg</td></tr> <tr><td>Protein</td><td>19.7 g</td></tr> <tr><td>Carbs</td><td>114.7 g</td></tr> <tr><td>Total Fat</td><td>21.2 %</td></tr> <tr><td>Sat Fat</td><td>6.0 %</td></tr> </table>	Calories	656	Cholesterol	78 mg	Sodium	1295 mg	Fiber	3.3 g	Iron	8.5 mg	Calcium	322.8 mg	Vitamin A	1079 IU	Vitamin C	33.0 mg	Protein	19.7 g	Carbs	114.7 g	Total Fat	21.2 %	Sat Fat	6.0 %
Calories	656																												
Cholesterol	78 mg																												
Sodium	1295 mg																												
Fiber	3.3 g																												
Iron	8.5 mg																												
Calcium	322.8 mg																												
Vitamin A	1079 IU																												
Vitamin C	33.0 mg																												
Protein	19.7 g																												
Carbs	114.7 g																												
Total Fat	21.2 %																												
Sat Fat	6.0 %																												

**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**

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.