



**Colorado Springs District 11
Food & Nutrition Services Menu
Grab 'N Go 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 & Nutrition Services? You may contact Rick Hughes by telephone at (719) 520-2924, by email at hugherh@D11.org, or at http://www.d11.org/fns/rantsandraves.htm</p>			<p>1 SAUSAGE & CHEESE BREAKFAST BURRITO TACO SAUCE PACKET POTATO TRIANGLE</p>	<p>2 EGGO MUFFIN W/ SAUSAGE</p>	<p>10/01/2009-10/02/2009 Calories 620 Cholesterol 198 mg Sodium 965 mg Fiber 5.0 g Iron 3.3 mg Calcium 535.9 mg Vitamin A 331 IU Vitamin C 39.2 mg Protein 28.9 g Carbs 90.7 g Total Fat 22.5 % Sat Fat 7.6 %</p>
<p>5 PANCAKE ON A STICK POTATO TRIANGLE</p>	<p>6 EGGO MUFFIN W/SAUSAGE</p>	<p>7 EGGO BAGEL W/SAUSAGE</p>	<p>8 HAM & CHEESE BREAKFAST BURRITO TACO SAUCE PACKET POTATO TRIANGLE</p>	<p>9 EGGO MUFFIN W/ SAUSAGE</p>	<p>10/05/2009-10/09/2009 Calories 636 Cholesterol 158 mg Sodium 1024 mg Fiber 5.1 g Iron 9.8 mg Calcium 461.4 mg Vitamin A 387 IU Vitamin C 37.5 mg Protein 28.1 g Carbs 96.5 g Total Fat 21.9 % Sat Fat 7.2 %</p>
<p>12 YOGURT W/MUFFIN POTATO TRIANGLE</p>	<p>13 SAUSAGE BISCUIT W/CHEESE</p>	<p>14 EGGO BAGEL W/SAUSAGE</p>	<p>15 SAUSAGE & CHEESE BREAKFAST BURRITO TACO SAUCE PACKET POTATO TRIANGLE</p>	<p>16 NO SCHOOL</p> <p align="center"> </p>	<p>10/12/2009-10/19/2009 Calories 634 Cholesterol 126 mg Sodium 959 mg Fiber 4.7 g Iron 5.9 mg Calcium 467.0 mg Vitamin A 336 IU Vitamin C 37.5 mg Protein 25.9 g Carbs 98.4 g Total Fat 22.3 % Sat Fat 6.8 %</p>
<p>19 CINNAMON ROLL POTATO TRIANGLE</p>	<p>20 SAUSAGE BISCUIT W/CHEESE</p>	<p>21 EGGO BAGEL W/SAUSAGE</p>	<p>22 SAUSAGE & CHEESE BREAKFAST BURRITO TACO SAUCE PACKET POTATO TRIANGLE</p>	<p>23 EGGO MUFFIN W/ SAUSAGE</p>	<p>10/19/2009-10/23/2009 Calories 625 Cholesterol 124 mg Sodium 987 mg Fiber 5.1 g Iron 6.2 mg Calcium 448.3 mg Vitamin A 357 IU Vitamin C 37.6 mg Protein 25.4 g Carbs 96.5 g Total Fat 22.7 % Sat Fat 6.8 %</p>
<p>26 PANCAKE ON A STICK POTATO TRIANGLE</p>	<p>27 EGGO MUFFIN W/SAUSAGE</p>	<p>28 EGGO BAGEL W/SAUSAGE</p>	<p>29 NO SCHOOL PARENT-TEACHER- STUDENT CONFERENCES</p>	<p>30 NO SCHOOL PARENT-TEACHER- STUDENT CONFERENCES</p>	<p>10/26/2009-10/30/2009 Calories 654 Cholesterol 131 mg Sodium 1031 mg Fiber 5.45 g Iron 14.2 mg Calcium 416.2 mg Vitamin A 425 IU Vitamin C 36.4 mg Protein 28.4 g Carbs 100.5 g Total Fat 22.4 % Sat Fat 7.3 %</p>

FRESH FRUIT, MILK AND 100% JUICE SERVED DAILY.

Breakfast \$1.20 Reduced Price FREE

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