



Colorado Springs District 11 Food & Nutrition Services Menu Roosevelt 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 ULTIMATE BREAKFAST ROUND BREAKFAST BURRITO TATER TOTS PINEAPPLE</p>	<p>2 FRENCH TOAST W/HAM CINNAMON ROLL POTATO TRIANGLE MANDARIN ORANGES</p>	<p>10/01/2009-10/02/2009 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 YOGURT W/BLEUBERRY MUFFIN PANCAKE ON A STICK TATER TOTS FRUIT COCKTAIL</p>	<p>6 ULTIMATE BREAKFAST ROUND EGGO MUFFIN W/SAUSAGE & 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>10/05/2009-10/09/2009 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 PANCAKE ON A STICK SAUSAGE BISCUIT POTATO TRIANGLE FRUIT COCKTAIL</p>	<p>13 ULTIMATE BREAKFAST ROUND EGG MUFFIN W/HAM & 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 NO SCHOOL </p>	<p>10/12/2009-10/16/2009 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 YOGURT W/BLEUBERRY MUFFIN PANCAKE ON A STICK TATER TOTS FRUIT COCKTAIL</p>	<p>20 ULTIMATE BREAKFAST ROUND PANCAKE & SAUSAGE POTATO TRIANGLE ORANGE WEDGES</p>	<p>21 EGG MUFFIN W/SAUSAGE & 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>10/19/2009-10/23/2009 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 PANCAKE ON A STICK FRENCH TOAST W/SAUSAGE POTATO TRIANGLE FRUIT COCKTAIL</p>	<p>27 ULTIMATE BREAKFAST ROUND EGGO MUFFIN W/HAM & CHEESE TATER TOTS ORANGE WEDGES</p>	<p>28 SAUSAGE BISCUIT BREAKFAST BURRITO POTATO TRIANGLE PEARS</p>	<p>29 NO SCHOOL </p>	<p>30 NO SCHOOL </p>	<p>10/26/2009-10/30/2009 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 %</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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