



**Colorado Springs District 11
Food & Nutrition Services Menu
Middle/High School 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>BREAKFAST BURRITO TATER TOTS PINEAPPLE</p>	<p>BISCUIT W/SAUSAGE GRAVY POTATO TRIANGLE MANDARIN ORANGES</p>	<p>10/01/2009-10/02/2009 Calories 629 Cholesterol 91 mg Sodium 968 mg Fiber 5.6 g Iron 5.8 mg Calcium 393.8 mg Vitamin A 360 IU Vitamin C 47.7 mg Protein 20.6 g Carbs 102.0 g Total Fat 23.6 % Sat Fat 6.8 %</p>
<p>6 PANCAKES W/HAM POTATO TRIANGLE FRUIT COCKTAIL</p>	<p>6 SCRAMBLED EGG W/CHEESE W/SAUSAGE & TOAST TATER TOTS APPLESAUCE</p>	<p>7 FRENCH TOAST W/HAM POTATO TRIANGLE PEARS</p>	<p>8 BREAKFAST BURRITO TATER TOTS PEACHES</p>	<p>9 BISCUIT W/SAUSAGE GRAVY POTATO TRIANGLE MANDARIN ORANGES</p>	<p>10/05/2009-10/08/2009 Calories 581 Cholesterol 85 mg Sodium 907 mg Fiber 4.4 g Iron 5.2 mg Calcium 328.1 mg Vitamin A 284 IU Vitamin C 27.5 mg Protein 18.7 g Carbs 92.3 g Total Fat 25.4 % Sat Fat 7.6 %</p>
<p>12 MANDARIN YOGURT PARFAIT POTATO TRIANGLE FRUIT COCKTAIL</p>	<p>13 SAUSAGE BISCUIT W/CHEESE TATER TOTS APPLESAUCE</p>	<p>14 PANCAKES W/SAUSAGE POTATO TRIANGLE PEARS</p>	<p>15 BREAKFAST BURRITO TATER TOTS PINEAPPLE</p>	<p>16 NO SCHOOL</p> <p align="center"> </p>	<p>10/12/2009-10/16/2009 Calories 581 Cholesterol 79 mg Sodium 919 mg Fiber 4.3 g Iron 4.6 mg Calcium 357.7 mg Vitamin A 260 IU Vitamin C 28.0 mg Protein 19.4 g Carbs 91.2 g Total Fat 25.1 % Sat Fat 7.4 %</p>
<p>19 PANCAKES W/HAM POTATO TRIANGLE FRUIT COCKTAIL</p>	<p>20 SCRAMBLED EGG W/CHEESE W/SAUSAGE & TOAST TATER TOTS PEACHES</p>	<p>21 FRENCH TOAST W/HAM POTATO TRIANGLE PEARS</p>	<p>22 BREAKFAST BURRITO TATER TOTS PINEAPPLE</p>	<p>23 BISCUIT W/SAUSAGE GRAVY POTATO TRIANGLE MANDARIN ORANGES</p>	<p>10/19/2009-10/23/2009 Calories 587 Cholesterol 91 mg Sodium 938 mg Fiber 4.0 g Iron 5.1 mg Calcium 358.5 mg Vitamin A 277 IU Vitamin C 29.4 mg Protein 19.7 g Carbs 93.1 g Total Fat 24.7 % Sat Fat 7.2 %</p>
<p>26 YOGURT W/MUFFIN POTATO TRIANGLE FRUIT COCKTAIL</p>	<p>27 WAFFLE STICKS W/HAM SLICE TATER TOTS APPLESAUCE</p>	<p>28 SAUSAGE BISCUIT W/CHEESE POTATO TRIANGLE PEARS</p>	<p>29 NO SCHOOL</p> <p align="center"> </p>	<p>30 NO SCHOOL</p>	<p>10/26/2009-10/30/2009 Calories 636 Cholesterol 70 mg Sodium 966 mg Fiber 4.7 g Iron 5.1 mg Calcium 374.0 mg Vitamin A 371 IU Vitamin C 33.1 mg Protein 19.5 g Carbs 105.3 g Total Fat 23.3 % Sat Fat 6.7 %</p>

**HOT OR COLD CEREAL & BISCUIT, BAGEL WITH CREAM CHEESE,
EGG MUFFIN SANDWICH OR EGG BAGEL SANDWICH,
FRESH FRUIT, MILK AND 100% JUICE OFFERED DAILY.
CINNAMON ROLL OFFERED MONDAY, WEDNESDAY & FRIDAY.
ULTIMATE BREAKFAST ROUND OFFERED TUESDAY & THURSDAY.**

Breakfast \$1.20 Reduced Price FREE

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