



# Colorado Springs District 11 Food & Nutrition Services Menu STAR Academy 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:hugherh@D11.org">hugherh@D11.org</a>, 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 %
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<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 %
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<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 CINNAMON ROLL FRENCH TOAST STICKS W/SAUSAGE POTATO TRIANGLE MANDARIN ORANGES</p>	<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 %
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**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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