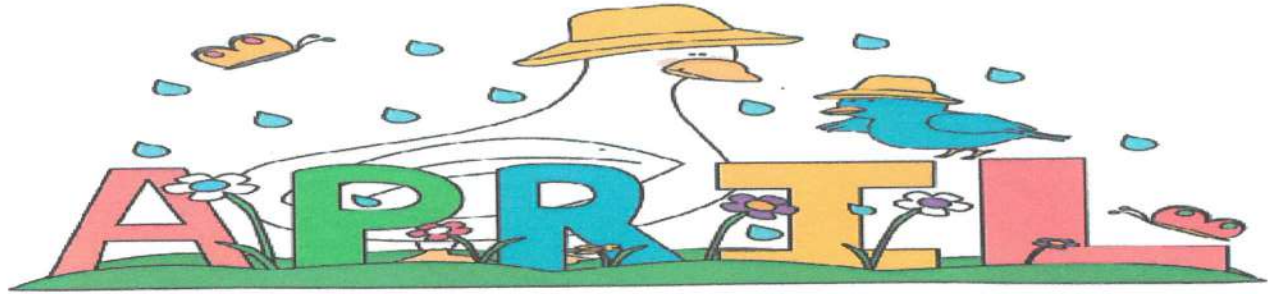
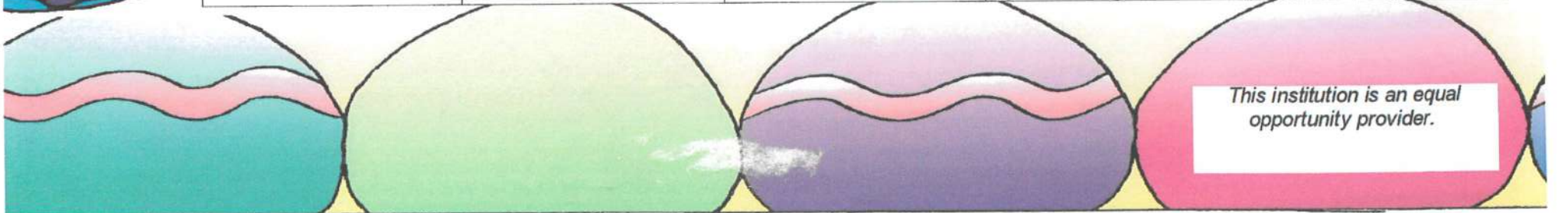


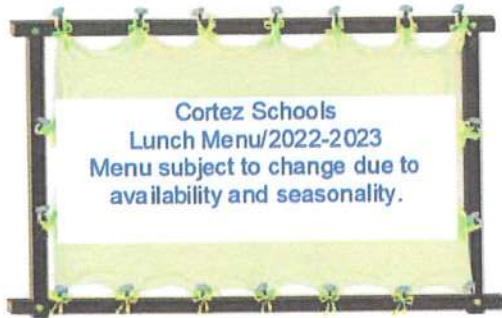
Breakfast Menu  
2022-2023  
Menu subject to change



Monday	Tuesday	Wednesday	Thursday	Nutrients
3 Cereal Cinnamon Elf Graham Applesauce Cup Fresh Apple	4 Breakfast Pizza Cinnamon Apples Fresh Apple Milk	5 Mini Bagel/Cream Cheese Orange/Pineapple Juice Fresh Apple Milk	6 Blueberry Muffin Top Applesauce Cup Fresh Apple Milk	<b>Cal</b> 584 <b>T.Fat</b> 8.96 G <b>S.Fat</b> 2.9 G
10 Choc. Crescent Apricot Cup Fresh Apple Milk	11 Sausage/Egg Bite Peach Cup Fresh Apple Milk	12 Blueberry Mini Waffles Straw/Banana Applesauce Cup Fresh Apple Milk Skim Milk	13 Pancake on a Stick Strawberry Cup Fresh Apple Milk	<b>Cal</b> 572 <b>T.Fat</b> 11.12 G <b>S.Fat</b> 3.4 G
17 Pancakes Grilled Egg Patty Apricot Cup Fresh Apple	18 Cinnamon Pull Aparts Craisins Fresh Apple Milk	19 Breakfast Burrito Peach Cup Fresh Apple Milk	20 Yogurt Crunchy Granola Cinnamon Applesauce Cup Fresh Apple	<b>Cal</b> 587 <b>T.Fat</b> 9.61 G <b>S.Fat</b> 3.0 G
24 Cinnamon Crumble Strawberry Cup Fresh Apple Milk	25 Breakfast Pizza Apple Juice Fresh Apple Milk	26 Cocoa Puffs Cereal Bar String Cheese Craisins Fresh Apple	27 Maple Mini Waffles Applesauce Cup Fresh Apple Milk	<b>Cal</b> 616 <b>T.Fat</b> 11.76 G <b>S.Fat</b> 3.6 G
			<b>April Fool's Day!</b> April 1st 	



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<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>		<i>Thursday</i>		<i>Nutrients</i>	
3	Spaghetti/Meat Sauce Bread Sticks Assorted Fruit/Veggie Milk Skim Milk	4	Grilled Cheese Sandwich Tomato Soup Assorted Fruit/Veggie Milk Skim Milk	5	Hamburger on a Bun Catsup & Pickles Assorted Fruit/Veggie Milk Skim Milk	6	Breaded Beef Tenders Whipped Potatoes/Gravy Whole Wheat Roll Assorted Fruit/Veggie Milk/Chocolate Milk	<b>Cal</b>	<b>1823</b>
10	Mandarin Chicken Rice Assorted Fruit/Veggie Milk Skim Milk	11	Tacos Spanish Rice Assorted Fruit/Veggie Milk Skim Milk	12	Macaroni and Cheese Whole Wheat Roll Assorted Fruit/Veggie Milk Skim Milk	13	STUDENT CHOICE Milk Chocolate Milk	<b>T.Fat</b>	<b>42.12 G</b>
17	Chicken Drumsticks Biscuit Assorted Fruit/Veggie Milk Skim Milk	18	Pepperoni Pizza Assorted Fruit/Veggie Milk Skim Milk	19	Southwestern Macaroni Dinner Roll Assorted Fruit/Veggie Milk Skim Milk	20	Frito Pie Spanish Rice Assorted Fruit/Veggie Milk Chocolate Milk	<b>S.Fat</b>	<b>12.4 G</b>
24	Sloppy Joe Assorted Fruit/Veggie Milk Skim Milk	25	Hot Dog/Bun Mustard Catsup Assorted Fruit/Veggie Milk	26	Chicken and Noodles Bread Sticks Assorted Fruit/Veggie Milk Skim Milk	27	P.B. & Jelly Sandwich String Cheese Assorted Fruit/Veggie Milk Chocolate Milk	<b>Chol</b>	<b>78.3 Mg</b>
								<b>Cal</b>	<b>1232</b>
								<b>T.Fat</b>	<b>26.75 G</b>
								<b>S.Fat</b>	<b>8.9 G</b>
								<b>Chol</b>	<b>65.4 Mg</b>
								<b>Cal</b>	<b>1414</b>
								<b>T.Fat</b>	<b>32.26 G</b>
								<b>S.Fat</b>	<b>8.9 G</b>
								<b>Chol</b>	<b>62.4 Mg</b>
								<b>Cal</b>	<b>1512</b>
								<b>T.Fat</b>	<b>33.04 G</b>
								<b>S.Fat</b>	<b>8.9 G</b>
								<b>Chol</b>	<b>66.4 Mg</b>
						<p>This institution is an equal opportunity provider.</p>			