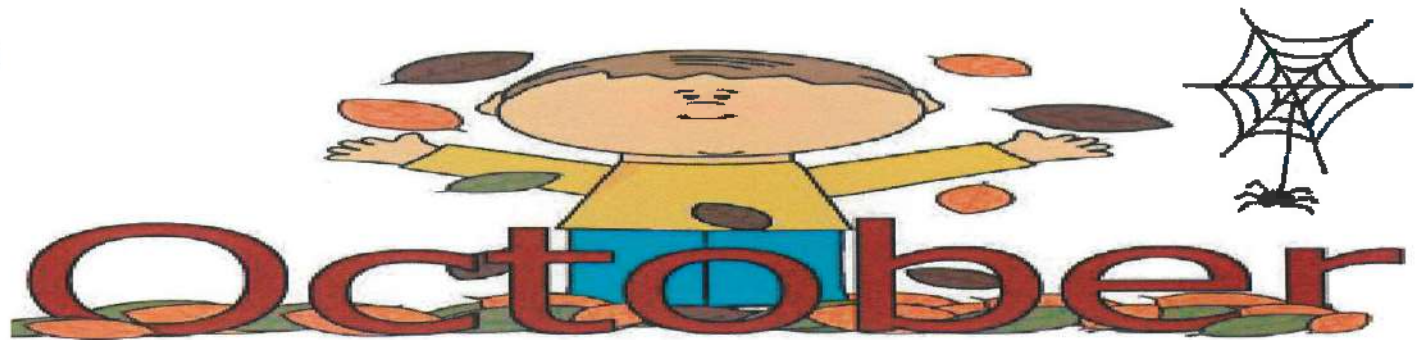





**Breakfast Menu  
2022-2023**  
Menu subject to  
change



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Nutrients</i>
<p>3 Cereal Chocolate Bear Grahams Watermelon Applesauce Cup Sliced Fresh Apple Milk Skim Milk</p>	<p>4 Banana Muffin String Cheese Craisins Sliced Fresh Apple Milk Skim Milk</p>	<p>5 Breakfast Burrito Orange Juice Sliced Fresh Apple Milk Skim Milk</p>	<p>6 Apple Frudel Peaches Sliced Fresh Apple Milk Skim Milk</p>	<p><b>Cal 561</b> <b>T.Fat 10.02 G</b> <b>S.Fat 3.9 G</b> <b>Chol 47.0 Mg</b> <b>Sodm 519.78 Mg</b></p>
<p>10 Choc. Crescent Craisins Sliced Fresh Apple Milk Skim Milk</p>	<p>11 Maple Mini Waffles Applesauce Cup Sliced Fresh Apple Milk Skim Milk</p>	<p>12 Mini Bagel/Cream Cheese Mango Peach Applesauce Cup Sliced Fresh Apple Milk Skim Milk</p>	<p>13 Pancake on a Stick Strawberries Sliced Fresh Apple Milk Skim Milk</p>	<p><b>Cal 577</b> <b>T.Fat 10.23 G</b> <b>S.Fat 3.4 G</b> <b>Chol 21.8 Mg</b> <b>Sodm 507.07 Mg</b></p>
<p>17 Breakfast Wrap Strawberry Cup Sliced Fresh Apple Milk Skim Milk</p>	<p>18 Cinnamon Pull Aparts Craisins Sliced Fresh Apple Milk Skim Milk</p>	<p>19 Blueberry Mini Waffles Applesauce Cup Sliced Fresh Apple Milk Skim Milk</p>	<p>20 Gegurt Cinnamon Elf Graham Straw-Mango Sidekick Sliced Fresh Apple Milk Skim Milk</p>	<p><b>Cal 626</b> <b>T.Fat 11.21 G</b> <b>S.Fat 3.7 G</b> <b>Chol 57.5 Mg</b> <b>Sodm 555.53 Mg</b></p>
<p>24 Mini Bagel/Cream Cheese Strawberry Cup Sliced Fresh Apple Milk Skim Milk</p>	<p>25 Breakfast Pizza Apple Juice Sliced Fresh Apple Milk Skim Milk</p>	<p>26 Cinn Toast Cereal Bar String Cheese Craisins Sliced Fresh Apple Milk Skim Milk</p>	<p>27 Twisted Blueberry Stix Peach Cup Sliced Fresh Apple Milk Skim Milk</p>	<p><b>Cal 574</b> <b>T.Fat 10.78 G</b> <b>S.Fat 5.9 G</b> <b>Chol 28.3 Mg</b> <b>Sodm 571.96 Mg</b></p>
<p>31 Pancake on a Stick Strawberry Cup Sliced Fresh Apple Milk Skim Milk</p>		<p><i>This institution is an equal opportunity provider.</i></p>		<p><b>Cal 564</b> <b>T.Fat 14.09 G</b> <b>S.Fat 4.6 G</b> <b>Chol 34.0 Mg</b> <b>Sodm 642.64 Mg</b></p>

Cortez Schools  
Lunch Menu/2022-2023  
Menu subject to change due to  
availability and seasonality.



Monday	Tuesday	Wednesday	Thursday	Nutrients
<p>3 Hamburger on a Bun Catsup &amp; Pickles Assorted Fruit/Veggie Milk Skim Milk</p>	<p>4 Macaroni and Cheese Dinner Roll Assorted Fruit/Veggie Milk Skim Milk</p>	<p>5 Submarine Sandwich Mayo Assorted Fruit/Veggie Milk Skim Milk</p>	<p>6 Chicken Drumsticks Dinner Roll Assorted Fruit/Veggie Milk Chocolate Milk</p>	<p><b>Cal 1583</b> <b>T.Fat 37.43 G</b> <b>S.Fat 12.0 G</b> <b>Chol 84.1 Mg</b> <b>Sodm 2042.93 Mg</b></p>
<p>10 Pepperoni Pizza Assorted Fruit/Veggie Milk Skim Milk</p>	<p>11 Tacos Spanish Rice Assorted Fruit/Veggie Milk Skim Milk</p>	<p>12 Chicken and Noodles Dinner Roll Assorted Fruit/Veggie Milk Skim Milk</p>	<p>13 STUDENT CHOICE Milk Chocolate Milk  </p>	<p><b>Cal 1205</b> <b>T.Fat 25.55 G</b> <b>S.Fat 7.8 G</b> <b>Chol 70.1 Mg</b> <b>Sodm 1286.92 Mg</b></p>
<p>17 Mandarin Chicken Rice Assorted Fruit/Veggie Milk Skim Milk</p>	<p>18 Hot Dog/Bun Catsup Mustard Assorted Fruit/Veggie Milk Skim Milk</p>	<p>19 Southwestern Macaroni Dinner Roll Assorted Fruit/Veggie Milk Skim Milk</p>	<p>20 Grilled Cheese Sandwich Tomato Soup Assorted Fruit/Veggie Milk Chocolate Milk</p>	<p><b>Cal 1480</b> <b>T.Fat 29.45 G</b> <b>S.Fat 9.1 G</b> <b>Chol 63.1 Mg</b> <b>Sodm 1666.30 Mg</b></p>
<p>24 French Toast Stix Sausage Links Assorted Fruit/Veggie Milk Skim Milk</p>	<p>25 Chili Cinnamon Roll Assorted Fruit/Veggie Milk Skim Milk</p>	<p>26 Burrito Assorted Fruit/Veggie Milk Skim Milk</p>	<p>27 Spaghetti/Meat Sauce Bread Sticks Assorted Fruit/Veggie Milk Chocolate Milk</p>	<p><b>Cal 1660</b> <b>T.Fat 42.29 G</b> <b>S.Fat 11.9 G</b> <b>Chol 70.2 Mg</b> <b>Sodm 1819.93 Mg</b></p>
<p>31 P.B. &amp; Jelly Sandwich String Cheese Assorted Fruit/Veggie Milk Skim Milk</p>			<p>This institution is an equal opportunity provider.</p>	<p> <b>Cal 1395</b> <b>T.Fat 30.20 G</b> <b>S.Fat 9.0 G</b> <b>Chol 45.0 Mg</b> <b>Sodm 1441.79 Mg</b></p>