

## 6<sup>th</sup> Grade – 2th Grade Breakfast Menu 21-22

Poptart Variety Breakfast Parfait

French Toast Sticks

Breakfast Pizza

Pancake Wraps

Cinnamon Roll

Egg Mc Muffin

Breakfast Cookie 3oz.

Breakfast Bites

PB & J Sandwich

Snack Bread Assortment

Fresh Fruit Variety

100% Fruit Juice

Applesauce Cup

Syrup

Milk, Fat Free Choice

Cal 478  
T.Fat 12.43 G  
S.Fat 3.8 G  
Chol 26.1 Mg  
Sodm 514.70 Mg  
Carb 79.86 G  
Fiber 4.4 G  
Prtn 14.04 G  
Iron 2.72 Mg  
Calc 292.26 Mg  
Vit A 19.90 RE  
Vit C 43.22 Mg

Get off to a

**Good Start,**

Eat Breakfast!