






**New London - Spicer Public Schools
Prairie Woods/Middle School/High School
(Grades K-12)
January 2019
Breakfast Menu**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	<p>No School: New Year's Day</p> <p align="center">Grab & Go Breakfast!</p> <p>For the 2018-2019 school year, an additional breakfast will be offered to 7th-12th grade students at 8:35am and 9-12th grade students between 9:00-9:10am. Grab & Go meal prices remain the</p>	<p>No School: Winter Break</p>	<p>Assorted Whole Grain Mini Pancakes Chilled Applesauce Cup Assorted Juice Skim, Lowfat (K-4), or Chocolate Skim Milk (5-12)</p>	<p>Bakery Day: Assorted Bakery Items Assorted Craisins Assorted Juice Skim, Lowfat (K-4), or Chocolate Skim Milk (5-12)</p>	<p>Cal 460 T.Fat 4.57 G (8.9 %) S.Fat 1.7 G (3.3 %) Chol 13.9 Mg Sodm 409.67 Mg Carb 92.52 G (80.5 %) Fiber 5.4 G Prtn 13.90 G (12.1 %) Iron 8.50 Mg Calc 396.69 Mg</p>
<p>Turkey Sausage or Bacon Scramble Breakfast Square Chilled Mixed Berry Cup Assorted Juice Skim, Lowfat (K-4), or Chocolate Skim Milk (5-12)</p>	<p>Pancake on a Stick Chilled Diced Strawberry Cup Assorted Juice Skim, Lowfat (K-4), or Chocolate Skim Milk (5-12)</p>	<p>Colby Cheese Omelet with Sliced Whole Wheat Bread and Peanut Butter Chilled Peach Cup Assorted Juice Skim, Lowfat (K-4), or Chocolate Skim Milk (5-12)</p>	<p>Whole Grain French Toast Sticks with Maple Syrup and Turkey Sausage Patty or Whole Grain Filled Crescent Roll Chilled Applesauce Cup Assorted Juice Skim, Lowfat (K-4), or Chocolate Skim Milk (5-12)</p>	<p>Bakery Day: Assorted Bakery Items Assorted Craisins Assorted Juice Skim, Lowfat (K-4), or Chocolate Skim Milk (5-12)</p>	<p>Cal 466 T.Fat 9.01 G (17.4 %) S.Fat 2.3 G (4.4 %) Chol 55.8 Mg Sodm 467.74 Mg Carb 80.53 G (69.1 %) Fiber 4.8 G Prtn 17.89 G (15.4 %) Iron 4.67 Mg Calc 430.36 Mg</p>
<p>Turkey Sausage or Bacon Scramble Breakfast Square Chilled Mixed Berry Cup Assorted Juice Skim, Lowfat (K-4), or Chocolate Skim Milk (5-12)</p>	<p>Assorted Mini Loaves (5-12) or Assorted Breakfast Bars (K-4) Chilled Diced Strawberry Cup Assorted Juice Skim, Lowfat (K-4), or Chocolate Skim Milk (5-12)</p>	<p>Sausage, Egg and Cheese Bagel Chilled Peach Cup Assorted Juice Skim, Lowfat (K-4), or Chocolate Skim Milk (5-12)</p>	<p>Assorted Whole Grain Mini Pancakes Chilled Applesauce Cup Assorted Juice Skim, Lowfat (K-4), or Chocolate Skim Milk (5-12)</p>	<p>Bakery Day: Assorted Bakery Items Assorted Craisins Assorted Juice Skim, Lowfat (K-4), or Chocolate Skim Milk (5-12)</p>	<p>Cal 488 T.Fat 8.24 G (15.2 %) S.Fat 2.9 G (5.3 %) Chol 54.0 Mg Sodm 481.23 Mg Carb 85.54 G (70.2 %) Fiber 4.7 G Prtn 18.30 G (15.0 %) Iron 4.65 Mg Calc 480.96 Mg</p>
<p>No School</p> 	<p>Pancake on a Stick Chilled Diced Strawberry Cup Assorted Juice Skim, Lowfat (K-4), or Chocolate Skim Milk (5-12)</p>	<p>Colby Cheese Omelet with Sliced Whole Wheat Bread and Peanut Butter Chilled Peach Cup Assorted Juice Skim, Lowfat (K-4), or Chocolate Skim Milk (5-12)</p>	<p>Whole Grain French Toast Sticks with Maple Syrup and Turkey Sausage Patty or Whole Grain Filled Crescent Roll Chilled Applesauce Cup Assorted Juice Skim, Lowfat (K-4), or Chocolate Skim Milk (5-12)</p>	<p>Bakery Day: Assorted Bakery Items Assorted Craisins Assorted Juice Skim, Lowfat (K-4), or Chocolate Skim Milk (5-12)</p>	<p>Cal 471 T.Fat 10.28 G (19.7 %) S.Fat 2.9 G (5.5 %) Chol 65.8 Mg Sodm 455.15 Mg Carb 80.69 G (68.6 %) Fiber 4.8 G Prtn 17.08 G (14.5 %) Iron 5.11 Mg Calc 415.04 Mg</p>
<p>Turkey Sausage or Bacon Scramble Breakfast Square Chilled Mixed Berry Cup Assorted Juice Skim, Lowfat (K-4), or Chocolate Skim Milk (5-12)</p>	<p>Assorted Mini Loaves (5-12) or Assorted Breakfast Bars (K-4) Chilled Diced Strawberry Cup Assorted Juice Skim, Lowfat (K-4), or Chocolate Skim Milk (5-12)</p>	<p>Sausage, Egg and Cheese Bagel Chilled Peach Cup Assorted Juice Skim, Lowfat (K-4), or Chocolate Skim Milk (5-12)</p> <p>Allergy Information: The menus may contain one or more of the following ingredients: milk, eggs, wheat, peanuts or tree nuts.</p>	<p>Assorted Whole Grain Mini Pancakes Chilled Applesauce Cup Assorted Juice Skim, Lowfat (K-4), or Chocolate Skim Milk (5-12)</p>		<p>Cal 481 T.Fat 8.32 G (15.6 %) S.Fat 2.9 G (5.4 %) Chol 52.4 Mg Sodm 481.93 Mg Carb 84.02 G (69.8 %) Fiber 4.9 G Prtn 18.74 G (15.6 %) Iron 5.47 Mg Calc 484.43 Mg</p>

*Breakfast and Lunch Menus Subject to Product Availability and Nutrients are Averaged for the Week.

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