

# Get off to a

# Good Start,

# Eat Breakfast!

Breakfast prices:  
 \$1.25 Paid  
 \$1.65 Adult

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
3 CEREAL, VARIETY Nutri Grain Bar POP TART Fruit, canned, asst. FRESH FRUIT Crasins FRUIT JUICE, ASSORTED	4 ASSORTED MUFFINS CEREAL, VARIETY Nutri Grain Bar POP TART Fruit, canned, asst. FRESH FRUIT Crasins FRUIT	5 PANCAKES CEREAL, VARIETY Nutri Grain Bar POP TART Fruit, canned, asst. FRESH FRUIT Crasins FRUIT	6 CINNAMON ROLLS CEREAL, VARIETY Nutri Grain Bar POP TART Fruit, canned, asst. FRESH FRUIT Crasins FRUIT	7 CEREAL, VARIETY Nutri Grain Bar POP TART Fruit, canned, asst. FRESH FRUIT Crasins FRUIT JUICE, ASSORTED	Cal 324 T.Fat 7.72 G S.Fat 3.7 G Chol 17.5 Mg Sodm 360.58 Mg Carb 54.93 G Fiber 3.1 G Prtn 10.72 G
10 CEREAL, VARIETY Nutri Grain Bar POP TART Fruit, canned, asst. FRESH FRUIT Crasins FRUIT JUICE, ASSORTED	11 ASSORTED MUFFINS CEREAL, VARIETY Nutri Grain Bar POP TART Fruit, canned, asst. FRESH FRUIT Crasins FRUIT	12 FRENCH TOAST STICKS CEREAL, VARIETY Nutri Grain Bar POP TART Fruit, canned, asst. FRESH FRUIT Crasins FRUIT	13 CINNAMON ROLLS CEREAL, VARIETY Nutri Grain Bar POP TART Fruit, canned, asst. FRESH FRUIT Crasins FRUIT	14 CEREAL, VARIETY Nutri Grain Bar POP TART Fruit, canned, asst. FRESH FRUIT Crasins FRUIT JUICE, ASSORTED	Cal 347 T.Fat 7.82 G S.Fat 3.8 G Chol 22.2 Mg Sodm 397.74 Mg Carb 60.06 G Fiber 3.3 G Prtn 11.32 G
17 CEREAL, VARIETY Nutri Grain Bar POP TART Fruit, canned, asst. FRESH FRUIT Crasins FRUIT JUICE, ASSORTED	18 ASSORTED MUFFINS CEREAL, VARIETY Nutri Grain Bar POP TART Fruit, canned, asst. FRESH FRUIT Crasins FRUIT	19 PANCAKES CEREAL, VARIETY Nutri Grain Bar POP TART Fruit, canned, asst. FRESH FRUIT Crasins FRUIT	20 CINNAMON ROLLS CEREAL, VARIETY Nutri Grain Bar POP TART Fruit, canned, asst. FRESH FRUIT Crasins FRUIT	21 CEREAL, VARIETY Nutri Grain Bar POP TART Fruit, canned, asst. FRESH FRUIT Crasins FRUIT JUICE, ASSORTED	Cal 324 T.Fat 7.72 G S.Fat 3.7 G Chol 17.5 Mg Sodm 360.58 Mg Carb 54.93 G Fiber 3.1 G Prtn 10.72 G