

# ELEMENTARY BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			1 Assorted Cereal w/Toast Breakfast Cinnamon Tastr Pancakes w/syrup Fresh Fruit Assorted Juices Assorted Milk	2 Assorted Cereal w/Toast French Toast Strips w/sy Fruit Tarts Fresh Fruit Assorted Juices Assorted Milk	<b>Cal 352</b> <b>T.Fat 12.22 G</b> <b>S.Fat 2.8 G</b> <b>Chol 6.1 Mg</b> <b>Sodm 267.39 Mg</b>
5 Assorted Cereal w/Toast Bean and Cheese Taco Breakfast Burrito Banana Assorted Juices Assorted Milk	6 Assorted Cereal w/Toast Fruit Tarts Blueberry Muffins Fresh Fruit Assorted Juices Assorted Milk	7 Assorted Cereal w/Toast Pigs in the Blanket Breakfast Cinnamon Tastr Fresh Fruit Assorted Juices Assorted Milk	8 Assorted Cereal w/Toast Potato & Egg Taco Cinnamon Toast Fresh Fruit Applesauce Assorted Juices Assorted Milk	9 Assorted Cereal w/Toast Scrambled Eggs w/ Toast Pancakes w/syrup Fresh Fruit Assorted Juices Assorted Milk	<b>Cal 356</b> <b>T.Fat 16.18 G</b> <b>S.Fat 5.8 G</b> <b>Chol 31.0 Mg</b> <b>Sodm 449.65</b>
12	13	14	15	16	MENU SUBJECT TO CHANGE
<b>SPRING BREAK</b>					
19 Assorted Cereal w/Toast Hash Brown Potatoes Breakfast Pizza Sausage Fresh Fruit Assorted Juices Assorted Milk	20 Assorted Cereal w/Toast Bean and Cheese Taco Breakfast Burrito Banana Assorted Juices Assorted Milk	21 Assorted Cereal w/Toast French Toast Strips w/sy Fruit Tarts Fresh Fruit Assorted Juices Assorted Milk	22 Assorted Cereal w/Toast Cinnamon Rolls-UCISD Breakfast Burrito Fresh Fruit Assorted Juices Assorted Milk	23 Assorted Cereal w/Toast Potato & Egg Taco Cinnamon Toast Fresh Fruit Applesauce Assorted Juices Assorted Milk	<b>Cal 370</b> <b>T.Fat 13.70 G</b> <b>S.Fat 4.1 G</b> <b>Chol 9.9 Mg</b> <b>Sodm 489.89 Mg</b>
26 Assorted Cereal w/Toast Breakfast Sticks Breakfast Burrito Fresh Fruit Assorted Juices Assorted Milk	27 Assorted Cereal w/Toast ComboTaco Fruit Tarts Fresh Fruit Assorted Juices Assorted Milk	28 Assorted Cereal w/Toast Hash Brown Potatoes Breakfast Pizza Sausage Fresh Fruit Assorted Juices Assorted Milk	29 Assorted Cereal w/Toast Fruit Tarts Blueberry Muffins Fresh Fruit Assorted Juices Assorted Milk	30 Assorted Cereal w/Toast Potato & Egg Taco Cinnamon Toast Fresh Fruit Applesauce Assorted Juices Assorted Milk	<b>Cal 328</b> <b>T.Fat 13.67 G</b> <b>S.Fat 4.3 G</b> <b>Chol 27.8 Mg</b> <b>Sodm 387.89</b>

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