



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Celebrate school breakfast week with us March 4th - 8th, 2013				1 <i>Choose 1</i> Breakfast Pizza Poptart, Cheese stick Cereal bar <i>Choose 2 or more</i> Milk, fruit cup, snack crackers, fresh fruits	Cal 355 T.Fat 5.57 G S.Fat 2.2 G Chol 7.8 Mg Sodm 550.00 Mg Carb 86.85 G Fiber 2.8 G Prot 15.25 G Iron 2.15 Mg Calc 429.02 Mg Vit A 125.21 RE Vit C 12.15 Mg
4 <i>Choose 1</i> Cereal & muffin, Poptart, Cheese stick, Yogurt or Cereal bar <i>Choose 2 or more</i> Milk, fruit cup, snack crackers, juice & fresh fruits	5 <i>Choose 1</i> Pancakes wg, Poptart, Cheese stick Cereal Bar <i>Choose 2 or more</i> Milk, juice, snack crackers, Fresh fruit & fruit cups	6 <i>Choose 1</i> Breakfast Wrap, Poptart, Cheese stick, Cereal bars <i>Choose 2 or more</i> Milk, Fruit fresh or cupped, snack cracker or pretzel juice	7 <i>Choose 1</i> Cinnamon Roll wg, Poptart, Cheese stick, Cereal bar <i>Choose 2 or more</i> Milk, snack crackers or pretzels, fruit cup or fresh fruits, & juice	8 <i>Choose 1</i> Ultimate Breakfast Cookie, Poptart, Cheese stick, Cereal Bar <i>Choose 2 or more</i> Milk, Snack crackers, Fruit fresh or cupped, fruit juice	Cal 410 T.Fat 5.18 G S.Fat 2.4 G Chol 40.6 Mg Sodm 487.17 Mg Carb 78.05 G Fiber 2.8 G Prot 12.85 G Iron 4.09 Mg Calc 557.50 Mg Vit A 161.49 RE Vit C 30.66 Mg
11 <i>Choose 1</i> Breakfast Pizza Poptart, Cheese stick Cereal bar <i>Choose 2 or more</i> Milk, fruit cup, snack crackers, fresh fruits	12 <i>Choose 1</i> French Toast sticks wg, Poptart, Cheese stick Cereal Bar <i>Choose 2 or more</i> Milk, juice, snack crackers, Fresh fruit & fruit cups	13 <i>Choose 1</i> Breakfast Combo Hashbrown, Poptart, Cheese sticks, & Cereal bars <i>Choose 2 or more</i> Milk, Fruits & fruit juice, snack crackers	14 <i>Choose 1</i> Super Cinnamon Roll wg, Poptart, Cheese stick Cereal Bar <i>Choose 2 or more</i> Milk, juice, snack crackers, Fresh fruit & fruit cups	15 No School Teacher's Workshop	Cal 499 T.Fat 5.45 G S.Fat 2.7 G Chol 27.5 Mg Sodm 489.45 Mg Carb 71.08 G Fiber 2.1 G Prot 12.81 G Iron 2.90 Mg Calc 554.04 Mg Vit A 152.85 RE Vit C 35.71 Mg
18 <i>Choose 1</i> Breakfast Pizza Poptart, Cheese stick Cereal bar <i>Choose 2 or more</i> Milk, fruit cup, snack crackers, fresh fruits	19 <i>Choose 1</i> Waffle Sticks, Poptart, Cheese stick Cereal Bar <i>Choose 2 or more</i> Milk, juice, snack crackers, Fresh fruit & fruit cups	20 <i>Choose 1</i> Egg McHowler (breakfast sandwich), Poptart, Cheese stick, Cereal Bar, Yogurt <i>Choose 2 or more</i> Milk, Snack crackers, Fruit fresh or cupped, fruit juice	21 <i>Choose 1</i> Super Bun wg, Poptart, Cheese stick, Cereal Bar <i>Choose 2 or more</i> Milk, Snack crackers, Fruit fresh or cupped, fruit juice	22 <i>Choose 1</i> Cereal & muffin, Poptart, Cheese stick, Yogurt or Cereal bar <i>Choose 2 or more</i> Milk, fruit cup, snack crackers, juice & fresh fruits	Cal 409 T.Fat 7.72 G S.Fat 2.4 G Chol 54.1 Mg Sodm 857.80 Mg Carb 74.85 G Fiber 2.8 G Prot 12.81 G Iron 3.24 Mg Calc 585.22 Mg Vit A 151.88 RE Vit C 22.77 Mg
25 <i>Choose 1</i> Breakfast Pizza Poptart, Cheese stick Cereal bar <i>Choose 2 or more</i> Milk, fruit cup, snack crackers, fresh fruits	26 <i>Choose 1</i> Pancakes wg, Poptart, Cheese stick Cereal Bar <i>Choose 2 or more</i> Milk, juice, snack crackers, Fresh fruit & fruit cups	27 <i>Choose 1</i> Breakfast Wrap, Poptart, Cheese stick, Cereal Bar <i>Choose 2 or more</i> Milk, Snack crackers, Fruit fresh or cupped, fruit juice	28 <i>Choose 1</i> Cinnamon Roll wg, Poptart, Cheese stick Cereal Bar <i>Choose 2 or more</i> Milk, snack crackers, Fresh or cupped Fruits, & Juice	29 <i>Choose 1</i> Ultimate Breakfast Cookie, Poptart, Cheese stick, Cereal Bar <i>Choose 2 or more</i> Milk, Snack crackers, Fruit fresh or cupped, fruit juice	Cal 414 T.Fat 5.55 G S.Fat 2.8 G Chol 40.1 Mg Sodm 470.79 Mg Carb 74.45 G Fiber 2.8 G Prot 12.85 G Iron 2.26 Mg Calc 558.49 Mg Vit A 148.26 RE Vit C 30.80 Mg
	LET'S DO BREAKFAST ENFIELD STATION SCHOOL March 2013 Breakfast Price \$1.25 Free & Reduced no charge				