

Get off to a
Good Start,
 Eat Breakfast!

**Colonial School District
 Breakfast Two-Week Cycle Menu
 Castle Hills & Wilmington Manor
 Elementary Schools
 2009-2010**

Prices:	Breakfast
Student K-5	\$ 0.60
Student 6-8	\$ 0.75
Student 9-12	\$ 0.75
Student, Reduced	No Charge
Adult	\$ 1.50

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Pancake Syrup Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Yogurt Or Hard Boiled Egg Zoo Crackers Or 1/2 Bagel Fresh Fruit 100% Fruit Juice Milk 1% Lowfat	Sausage and cheese Breakfast Pizza Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Scrambled eggs Or Hard Boiled Egg Buttermilk Biscuit Fresh Fruit 100% Fruit Juice Milk 1% Lowfat	Breakfast Bun Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Cal 541 TFat 13.98 G (23.2 %) SFat 5.0 G (8.3 %) Or Carb 85.58 G (63.2 %) Fiber 4.2 G Ptn 20.22 G (14.9 %)
French Toast Sticks Syrup Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Egg & Cheese Sandwich Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Piggletstick Syrup Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Sausage and cheese Breakfast Pizza Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Wheat Cinnamon Roll Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Cal 520 TFat 13.65 G (23.6 %) SFat 5.3 G (9.1 %) Or Carb 81.90 G (65.3 %) Fiber 4.1 G Ptn 16.86 G (13.0 %)

Cold Cereal, Yogurts, and Poptart offered daily.
 Hot Cereal offered during cold weather months.



If your child qualifies for free or reduced price lunch, they qualify for free breakfast. If you have any questions, please call the Nutrition Services Department 323-2743.

Remember to fill out ONE new Free & Reduced Application per family.