

Get off to a
Good Start,
 Eat *Breakfast!*

**Colonial School District
 Breakfast Two-Week Cycle Menu
 Gunning Bedford Middle
 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
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	Breakfast Hot Pocket Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Scrambled eggs Buttermilk Biscuit Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Bagel Or Bagel-ers Fresh Fruit 100% Fruit Juice Milk 1% Lowfat	Cal 576 TFat 16.47 G (25.7 %) S Fat 6.1 G (9.5 %) Carb 86.98 G (60.4 %) Fiber 5.1 G Ptn 22.02 G (25.3 %)
French Toast Sticks Syrup Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Sausage, Egg & Cheese on a Bagel Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Pizza Bagel Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Egg & Cheese on an English Muffin Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Wheat Cinnamon Roll Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Cal 512 TFat 13.10 G (23.0 %) S Fat 5.1 G (9.0 %) Carb 82.18 G (62.2 %) Fiber 4.6 G Ptn 19.62 G (25.3 %)

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.