

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

Colonial School District
 Breakfast Two-Week Cycle Menu
 George Read
 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
Piggletick Syrup Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Breakfast Hot Pocket Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Sausage and cheese Breakfast Pizza Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Egg & Cheese Sandwich Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Assorted Muffins Or Wheat Cinnamon Roll Fresh Fruit 100% Fruit Juice Milk 1% Lowfat	Cal 574 TFat 16.65 G (26.1%) SFat 6.2 G (9.7%) Carb 88.70 G (61.8%) Fiber 4.5 G Prtn 20.26 G (14.1%)
French Toast Sticks Syrup Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Sausage, Egg & Cheese on a Biscuit Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Sausage and cheese Breakfast Pizza Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Egg & Cheese on an English Muffin Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Breakfast Bun Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Cal 558 TFat 16.98 G (27.4%) SFat 6.8 G (10.9%) Carb 88.53 G (60.6%) Fiber 4.3 G Prtn 19.89 G (14.3%)

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.