

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

Colonial School District  
 Breakfast Two-Week Cycle Menu  
 McCullough Middle School  
 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
Piggiestick Syrup Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Sausage and cheese Breakfast Pizza Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	French Toast Sticks Syrup Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Egg & Cheese on an English Muffin Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Bagel Or Wheat Cinnamon Roll Fresh Fruit 100% Fruit Juice Milk 1% Lowfat	Cal 554 TFat 13.65 G (22.2 %) S Fat 5.3 G (8.6 %) Carb 92.10 G (66.5 %) Fiber 4.7 G Ptn 18.26 G (33.2 %)
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	Pizza Bagel Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Breakfast Hot Pocket Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Breakfast Bun Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Cal 582 TFat 17.44 G (27.0 %) S Fat 6.4 G (9.9 %) Carb 87.85 G (60.4 %) Fiber 4.2 G Ptn 21.25 G (34.6 %)

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.*