

Get off to a

Good Start,

Eat *Breakfast!*

Colonial School District Breakfast Two-week Cycle Menu Southern Elementary 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
Pancake Syrup Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Egg & Cheese Sandwich Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Sausage and cheese Breakfast Pizza Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Hard Boiled Egg Buttermilk Biscuit Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Wheat Cinnamon Roll Or Breakfast Bun Fresh Fruit 100% Fruit Juice Milk 1% Lowfat	Cal 521 TFat 12.88 G (22.2 %) SFat 5.1 G (8.8 %) Carb 86.50 G (66.4 %) Fiber 4.4 G Ptn 18.30 G (14.0 %)
French Toast Sticks 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	Piggletstick Syrup Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Pizza Bagel Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Sausage & Cheese Sandwich Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Cal 575 TFat 14.16 G (22.2 %) SFat 5.1 G (8.0 %) Carb 88.73 G (65.2 %) Fiber 4.2 G Ptn 19.81 G (13.8 %)

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.