

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

Colonial School District
 Breakfast Two-Week Cycle Menu
 William Penn
 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
Pizza Bagel Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Breakfast Bun Or Wheat Cinnamon Roll Fresh Fruit 100% Fruit Juice Milk 1% Lowfat	Scrambled eggs Pork Sausage Patty Buttermilk Biscuit Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Piggiestick Syrup Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	French Toast Sticks Syrup Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Cal 627 TFat 18.0g (26.3%) SFat 6.1 G (8.9%) Carb 55.9g (62.2%) Fiber 4.4 G Ptn 20.17 G (33.1%)
Breakfast Hot Pocket Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Bagel-ers Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Breakfast Bun Or Wheat Cinnamon Roll Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Sausage and cheese Breakfast Pizza Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Scrambled Egg Patty Pork Sausage Patty Buttermilk Biscuit Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Cal 519 TFat 14.33 G (24.8%) SFat 5.4 G (9.4%) Carb 52.39 G (63.5%) Fiber 5.1 G Ptn 19.17 G (34.8%)

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.