

Get off to a
Good Start,
 Eat Breakfast!

Colonial School District
 Breakfast Two-Week Cycle Menu
 Wilbur Elementary
 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	Scrambled eggs Or Hard Boiled Egg Buttermilk Biscuit Fresh Fruit 100% Fruit Juice Milk 1% Lowfat	Wheat Cinnamon Roll Or Breakfast Bun Fresh Fruit 100% Fruit Juice Milk 1% Lowfat	Cal 562 TFat 15.71 G (25.2 %) SFat 5.9 G (9.5 %) Carb 87.31 G (62.2 %) Fiber 4.4 G Ptn 20.73 G (14.8 %)
French Toast Sticks Syrup Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Yogurt Or Hard Boiled Egg 1/2 Bagel Fresh Fruit 100% Fruit Juice Milk 1% Lowfat	Piggletstick Syrup Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Pizza Bagel Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Sausage & Cheese on English Muffin Fresh Fruit Or 100% Fruit Juice Milk 1% Lowfat	Cal 555 TFat 13.66 G (22.2 %) SFat 5.1 G (8.3 %) Carb 90.13 G (65.0 %) Fiber 4.4 G Ptn 19.61 G (14.1 %)

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.