


Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
2 Coffee Cake or Cereal Graham Cracker Juice and Fresh Fruit Milk	3 Pancake on a Stick* or Cereal Graham Cracker Juice and Fresh Fruit Milk	4 French Toast Sticks or Cereal Graham Cracker Juice and Fresh Fruit Milk	5 Bagel w/ cream cheese or Cereal Graham Cracker Juice and Fresh Fruit Milk	6 Mini Apple Cinnamon Muffin or Cereal Graham Cracker Juice and Fresh Fruit Milk	Calories 389 Total Fat 18% Protein 13 g Calcium 315 mg Iron 2.8 mg Vitamin C 37 mg Vitamin A 617 IU
9 Cinnamon Roll or Cereal Graham Cracker Juice and Fresh Fruit Milk	10 Egg & Cheese Sandwich or Cereal Graham Cracker Juice and Fresh Fruit Milk	11 Mini Blueberry Pancakes or Cereal Graham Cracker Juice and Fresh Fruit Milk	12 Pepperoni Pizza Strip or Cereal Graham Cracker Juice and Fresh Fruit Milk	13 Banana Bread Slice or Cereal Graham Cracker Juice and Fresh Fruit Milk	Calories 389 Total Fat 19% Protein 14 g Calcium 390 mg Iron 2.8 mg Vitamin C 35.4 mg Vitamin A 626 IU
16 No School Staff Learning Day 	17 Pancake on a Stick* or Cereal Graham Cracker Juice and Fresh Fruit Milk	18 French Toast Sticks or Cereal Graham Cracker Juice and Fresh Fruit Milk	19 Bagel w/ cream cheese or Cereal Graham Cracker Juice and Fresh Fruit Milk	20 Mini Apple Cinnamon Muffin or Cereal Graham Cracker Juice and Fresh Fruit Milk	Calories 372 Total Fat 16% Protein 13 g Calcium 307 mg Iron 2.9 mg Vitamin C 38.4 mg Vitamin A 626 IU
23 Cinnamon Roll or Cereal Graham Cracker Juice and Fresh Fruit Milk	24 Egg & Cheese Sandwich or Cereal Graham Cracker Juice and Fresh Fruit Milk	25 Mini Blueberry Pancakes or Cereal Graham Cracker Juice and Fresh Fruit Milk	26 Pepperoni Pizza Strip or Cereal Graham Cracker Juice and Fresh Fruit Milk	27 Banana Bread Slice or Cereal Graham Cracker Juice and Fresh Fruit Milk	Calories 389 Total Fat 19% Protein 14 g Calcium 390 mg Iron 2.8 mg Vitamin C 35.4 mg Vitamin A 626 IU
30 Coffee Cake or Cereal Graham Cracker Juice and Fresh Fruit Milk	31 Pancake on a Stick* or Cereal Graham Cracker Juice and Fresh Fruit Milk	Breakfast Prices Full Price \$2.25 Reduced Price \$0.30 Milk Only \$0.75	Prepay for meals online at: https://family.titank12.com	*=Turkey	Calories 397 Total Fat 23% Protein 12 g Calcium 319 mg Iron 2.9 mg Vitamin C 34 mg Vitamin A 555 IU

Menu Subject to change without
notice

This institution is an equal opportunity
provider