

Menu

Cold Breakfast June 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>31</p> <p>No Classes</p> <p>Memorial Day</p> 	<p>1</p> <p>Cinnamon Raisin Bagel w/ Jelly or Assorted Kellogg's Cereals</p> <p>American Cheese Square w/ Crackers Assorted 100% Fruit Juice Fresh Fruit Choice: Pear or Apple</p>	<p>2</p> <p>Kellogg's Strawberry Pop Taff or Assorted Kellogg's Cereals</p> <p>Mini-Bagel w/ *Peanut Butter Assorted 100% Fruit Juice Fresh Fruit Choice: Banana or Orange</p>	<p>3</p> <p>*PB & J Wafer Bar or Assorted Kellogg's Cereals</p> <p>Raisins Assorted 100% Fruit Juice Fresh Fruit Choice: Orange or Pear</p>	<p>4</p> <p>Nutrriday Yogurt w/ Keebler Graham Crackers or Assorted Kellogg's Cereals</p> <p>Peach Turnover Assorted 100% Fruit Juice Fresh Fruit Choice: Apple or Banana</p>
<p>NEW!</p> <p>7</p> <p>Kellogg's Apple Cinnamon Breakfast Bar or Assorted Kellogg's Cereals</p> <p>American Cheese Square w/ Crackers Assorted 100% Fruit Juice Fresh Fruit Choice: Apple or Orange</p>	<p>8</p> <p>Cheese Sandwich or Assorted Kellogg's Cereals</p> <p>Raisins Assorted 100% Fruit Juice Fresh Fruit Choice: Pear or Apple</p>	<p>9</p> <p>Bagel w/ Jelly or Assorted Kellogg's Cereals</p> <p>Apple Turnover Assorted 100% Fruit Juice Fresh Fruit Choice: Banana or Orange</p>	<p>10</p> <p>*PB & J Wafer Bar or Assorted Kellogg's Cereals</p> <p>Gourmet Muffin Assorted 100% Fruit Juice Fresh Fruit Choice: Orange or Pear</p>	<p>11</p> <p>*Cinnamon Breakfast Square or Assorted Kellogg's Cereals</p> <p>Mini-Bagel w/ *Peanut Butter Assorted 100% Fruit Juice Fresh Fruit Choice: Apple or Banana</p>
<p>14</p> <p>Cinnamon Raisin Bagel w/ Jelly or Assorted Kellogg's Cereals</p> <p>*Granola Bar Assorted 100% Fruit Juice Fresh Fruit Choice: Apple or Orange</p>	<p>15</p> <p>*Strawberry Breakfast Square Assorted Kellogg's Cereals</p> <p>Mini-Bagel w/ *Peanut Butter Assorted 100% Fruit Juice Fresh Fruit Choice: Pear or Apple</p>	<p>16</p> <p>Cheese Sandwich or Assorted Kellogg's Cereals</p> <p>Raisins Assorted 100% Fruit Juice Fresh Fruit Choice: Banana or Orange</p>	<p>17</p> <p>No Classes</p> <p>Teacher Institute Day</p>	<p>18</p> <p>Last Day of School</p> 
 <p>~Have a Great Summer~</p> 				
<p><u>Weekly Nutrient Analysis:</u> June 1- June 4 June 7-11 June 14-16</p>	<p>Calories 560 Total Fat (g) 14 Saturated Fat (g) 5 Sodium (mg) 566 Carbohydrates (g) 92 Protein (g) 18 Vitamin A (IU) 1175 Vitamin C (mg) 18 Calcium (mg) 406 Iron (mg) 3</p>	<p>Calories 554 Total Fat (g) 15 Saturated Fat (g) 6 Sodium (mg) 733 Carbohydrates (g) 86 Protein (g) 20 Vitamin A (IU) 1113 Vitamin C (mg) 19 Calcium (mg) 467 Iron (mg) 3</p>	<p>Calories 563 Total Fat (g) 12 Saturated Fat (g) 5 Sodium (mg) 721 Carbohydrates (g) 93 Protein (g) 20 Vitamin A (IU) 1026 Vitamin C (mg) 19 Calcium (mg) 441 Iron (mg) 4</p>	

Sides Offered Daily: Fresh Fruit and Milk. Students must take an entrée, 1 to 2 sides, and may take a milk. Students must take a minimum of 3 and a maximum of 4 items. 4th item must be a milk. *This product may contain peanuts.

What are sustainable foods? Sustainable foods...

- Are produced by people and with practices that value and care for the earth, workers and food.
- Are produced close to home so foods are fresh, nutritional and seasonal.
- Offer a delicious and social approach to the way food is produced, cooked and shared.
- Support economic, environmental, social and nutritional well-being.

Source: <http://sustainablefoodsystems.com>

