

April 2017

Mar 14, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 Trix Cereal 1/3 less Sug Strawberry Poptarts WG Craisins Cheesy Eggs	4 WG Bagel w/ Cream Cheese Gogurt Cheesy Eggs	5 Cocoa Puffs Cer 1/3 less Nutri Grain Strawberry Craisins OATMEAL	6 Mini Donuts, WG Chocolate String Cheese	7 Blueberry Mini Pancakes Fruit Loops Cer 1/3 less Craisins
10 Trix Cereal 1/3 less Sug Strawberry Poptarts WG Cheesy Eggs	11 Frudal Cherry, WW Scooby Doo Graham Stick	12 Cocoa Puffs Cer 1/3 less Nutri-Grain Apple- Cinn OATMEAL	13 Mini Donuts, WG Chocolate String Cheese Cinn Toast Crunch Cereal	14 Blueberry Mini Pancakes App Jacks Cer 1/3 L/S Craisins
17 Trix Cereal 1/3 less Sug Strawberry Poptarts WG Craisins Cheesy Eggs	18 Frudal Cherry, WW Scooby Doo Graham Stick	19 Cocoa Puffs Cer 1/3 less Nutri Grain Strawberry Craisins OATMEAL	20 Mini Donuts, WG Chocolate String Cheese	21 Blueberry Mini Pancakes Fruit Loops Cer 1/3 less Craisins
24 Trix Cereal 1/3 less Sug Strawberry Poptarts WG Cheesy Eggs	25 Frudal Cherry, WW Scooby Doo Graham Stick	26 Cocoa Puffs Cer 1/3 less Nutri-Grain Apple- Cinn OATMEAL	27 Mini Donuts, WG Chocolate String Cheese Cinn Toast Crunch Cereal	28 Blueberry Mini Pancakes App Jacks Cer 1/3 L/S Craisins

FAT FREE CHOCOLATE MILK, FAT FREE STRAWBERRY MILK, FAT FREE WHITE MILK ARE AVAILABLE AS A MENU ITEM
AN ASSORTMENT OF FRUIT IS SERVED DAILY WITH BREAKFAST AND LUNCH (MENU IS SUBJECT TO CHANGE WITHOUT NOTICE)
"This institution is an equal opportunity provider"

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	488	350-500	100%	Protein	15.62 g	12.81%	
Cholesterol	14 mg			Carbohyd	85.50 g	70.10%	
Sodium	496 mg	540		Tot. Fat	9.51 g	17.55%	
Fiber	6.22 g			Sat. Fat	3.96 g	7.31%	<10.00%
Iron	5.10 mg						
Calcium	460.85 mg						
Vitamin A	1218 IU						
Vitamin C	4.55 mg						