

NOVEMBER 2009
LAKE WASHINGTON SCHOOL DISTRICT
ELEMENTARY
BREAKFAST PROGRAM

2	3	4	5	6
Whole Grain Cereal Bar or Choice of Cereal Fruit / Juice Milk	Cinnamon Roll or Choice of Cereal Fruit / Juice Milk	Bagel with Cream Cheese or Choice of Cereal Fruit / Juice Milk	Cheese Omelet or Choice of Cereal Fruit / Juice Milk	Hot Ham & Cheese on a Bun or Choice of Cereal Fruit / Juice Milk
9	10	11	12	13
Waffles w/ Syrup or Choice of Cereal Fruit / Juice Milk	Wild Blueberry Muffin or Choice of Cereal Fruit / Juice Milk	NO SCHOOL	Pancakes or Choice of Cereal Fruit / Juice Milk	Pizza Wheel or Choice of Cereal Fruit / Juice Milk
16	17	18	19	20
Cheese Omelet or Choice of Cereal Fruit / Juice Milk	Cinnamon Roll or Choice of Cereal Fruit / Juice Milk	Pancakes or Choice of Cereal Fruit / Juice Milk	Muffin Loaf or Choice of Cereal Fruit / Juice Milk	Hot Breakfast Sandwich or Choice of Cereal Fruit / Juice Milk
23	24	25	26	27
French Toast or Choice of Cereal Fruit / Juice Milk	Pizza Wheel or Choice of Cereal Fruit / Juice Milk	Bagel with Cream Cheese or Choice of Cereal Fruit / Juice Milk	NO SCHOOL	NO SCHOOL

30
Waffle
or
Choice of Cereal
Fruit / Juice
Milk

*Week 1
Nutritional Information
Calories 507
Sat.Fat. 5.94%
Vitamin A 1129 IU
Vitamin C 28.09mg
Calcium 411.63mg
Protein 12.79%
Carbs. 75.63%*

*Week 2
Nutritional Information
Calories 538
Sat.Fat. 5.13%
Vitamin A 1364 IU
Vitamin C 19.22mg
Calcium 409.25mg
Protein 11.30%
Carbs. 77.99%*

*Week 3
Nutritional Information
Calories 498
Sat.Fat. 3.91%
Vitamin A. 1010 IU
Vitamin C. 29.57mg
Calcium 377.65mg
Protein 12.02%
Carbs. 77.72%*

*Week 4
Nutritional Information
Calories 534
Sat.Fat. 6.30%
Vitamin A. 1434 IU
Vitamin C. 37.18mg
Calcium 418.76mg
Protein 11.56%
Carbs. 74.35%*