

MAY 2012

LWSD SECONDARY BREAKFAST PROGRAM

1 <i>Homemade Waffle w/ Fruit Topping Fruit/Juice, Milk</i>	2 <i>Sausage, Egg & Potato Breakfast Bowl Fruit/Juice, Milk</i>	3 <i>Pizza Wheel Fruit/Juice, Milk</i>	4 <i>Egg & Ham Breakfast Sandwich on a Bun Fruit/Juice, Milk</i>
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Calories 627 Sat.Fat.8.15% Vitamin A 973 IU Vitamin C 33.04mg Calcium 473.59mg Protein 13.18% Carbs 71.21%

7 <i>Breakfast Sandwich on a Bun Fruit/Juice, Milk</i>	8 <i>Quesadilla w/ Eggs & Ham Fruit/Juice, Milk</i>	9 <i>Pizza Wheel Fruit/Juice, Milk</i>	10 <i>Grilled Cheese Sandwich Fruit/Juice, Milk</i>	11 <i>Homemade Waffle w/ Fruit Topping Fruit/Juice, Milk</i>
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Calories 619 Sat.Fat.8.47% Vitamin A 920 IU Vitamin C 29.35mg Calcium 464.77mg Protein 12.96% Carbs 71.34%

14 <i>Breakfast Burrito Fruit/Juice, Milk</i>	15 <i>Homemade Pancake w/ Fruit Topping Fruit/Juice, Milk</i>	16 <i>Sausage, Egg & Potato Breakfast Bowl Fruit/Juice, Milk</i>	17 <i>Pizza Wheel Fruit/Juice, Milk</i>	18 <i>Grilled Ham & Cheese Sandwich Fruit/Juice, Milk</i>
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Calories 619 Sat.Fat.8.53% Vitamin A 943 IU Vitamin C 29.89mg Calcium 459.74mg Protein 13.25% Carbs 70.78%

21 <i>Egg & Cheese Breakfast Sandwich on a Bun Fruit/Juice, Milk</i>	22 <i>Homemade Waffle w/ Fruit Topping Fruit/Juice, Milk</i>	23 <i>Breakfast Burrito Fruit/Juice, Milk</i>	24 <i>Ham, Egg & Potato Breakfast Bowl Fruit/Juice, Milk</i>	25 No School
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Calories 617 Sat.Fat.7.56% Vitamin A 952 IU Vitamin C 27.84mg Calcium 422.37mg Protein 12.17% Carbs 73.13%

28 No School	29 <i>Homemade Pancakes Fruit/Juice, Milk</i>	30 <i>Grilled Banana & Peanut Butter Sandwich Fruit/Juice, Milk</i>	31 <i>Breakfast Burrito Fruit/Juice, Milk</i>
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The following items are also offered, Assorted Cereals, 3oz. Bagel w/ Cream Cheese, Breakfast Pizza, Cinnamon Roll, Breakfast Muffin, Yogurt and Presentation Cooking.

Nutritions for 4 & 5 week combined