




# Breakfast Menu ~ 2009

# November

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<b>2</b> Ham & Cheese Biscuit	<b>3</b> French Toast Sticks	<b>4</b> Breakfast Pizza	<b>5</b> Cheese Omelette	<b>6</b> Cinnamon Raisin Biscuit	Cal 477 T.Fat 13.03 G S.Fat 4.1 G Chol 55.7 Mg Sodm 876.47 Mg Carb 72.27 G Fiber 1.0 G
<b>9</b> Mini Pancakes	<b>10</b> Egg & Cheese Muffin Melt	<b>11</b>  Veterans' Day	<b>12</b> Pancake Sausage Stick	<b>13</b> Turkey Sausage Biscuit	Cal 540 T.Fat 15.03 G S.Fat 4.5 G Chol 76.0 Mg Sodm 806.91 Mg Carb 82.66 G Fiber 1.5 G
<b>16</b> Chicken Biscuit	<b>17</b> Tortilla Cheese Roll	<b>18</b> Cinnamon & Brown Sugar Bagelful	<b>19</b> Breakfast Bites	<b>20</b> Scrambled Eggs (PreK-Cheese Omelette) Turkey Sausage Grits	Cal 499 T.Fat 14.04 G S.Fat 4.4 G Chol 40.0 Mg Sodm 762.47 Mg Carb 73.32 G Fiber 1.9 G
<b>23</b> Cinnamon Tastries	<b>24</b> Waffle Stix	<b>25</b> <b>26</b> <b>27</b> <i>Have a Safe and Happy Thanksgiving!</i>			Cal 534 T.Fat 7.99 G S.Fat 1.6 G Chol 9.9 Mg Sodm 590.83 Mg Carb 103.20 G Fiber 1.1 G
<b>30</b> French Toast Sticks	<i>In addition, to the menu'd item, a variety of flavored and plain skim and 1% milks, 100% fruit juices and a variety of cereals are available daily at breakfast.</i>				Cal 539 T.Fat 10.24 G S.Fat 2.1 G Chol 9.0 Mg Sodm 487.70 Mg Carb 98.72 G Fiber 2.0 G

The Child Nutrition Department is located at 1802 South 15th Street, Wilmington, NC, 28401. For questions/concerns, please contact the Child Nutrition Director, Mrs. Imer Smith at 254-4212



*In an effort to reduce costs and to maintain a green environment, New Hanover County Schools, Child Nutrition Department, has opted not to print and distribute menus this year. In doing so, we have saved the cost of paper, ink and labor that it would take to reproduce approximately 16,000 copies a month or 176,000 for the school year. Our menus are available on our website and at most of the school's websites. In addition, WECT will broadcast our lunch menu every morning. You can also hear about the lunch selections on the radio. Thanks for your understanding and support!*

*In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age, sex, or disability. If you believe you have been discriminated against write immediately to Dept. of Agriculture, Wash. DC 20250.*