

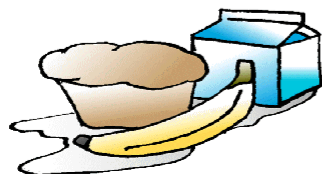
Breakfast Menu ~October 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p><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></p>			<p>1 Churros Apple Pastry</p>	<p>2 Scrambled Eggs Grits</p>	<p>Cal 461 T.Fat 11.90 G S.Fat 3.1 G Chol 51.3 Mg Sodm 389.39 Mg Carb 74.23 G Fiber 1.1 G</p>
<p>5 Chicken Biscuit</p>	<p>6 Tortilla Cheese Roll</p>	<p>7 Cinnamon & Brown Sugar Bagelful</p>	<p>8 Breakfast Bites</p>	<p>9 French Toast Sticks</p>	<p>Cal 481 T.Fat 12.94 G S.Fat 4.1 G Chol 45.1 Mg Sodm 696.55 Mg Carb 73.43 G Fiber 1.7 G</p>
<p>12 Breakfast Pizza</p>	<p>13 Cheese Omelet</p>	<p>14 Cinnamon Tastries</p>	<p>15 Mini Pancakes</p>	<p>16 Waffle Stix</p>	<p>Cal 476 T.Fat 10.27 G S.Fat 2.9 G Chol 50.5 Mg Sodm 620.84 Mg Carb 81.60 G Fiber 1.0 G</p>
<p>19 Pancake Sausage Stick</p>	<p>20 Egg & Cheese Muffin Melt</p>	<p>21 Churros Apple Pastry</p>	<p>22 French Toast Sticks</p>	<p>23 Scrambled Eggs Grits</p>	<p>Cal 474 T.Fat 12.58 G S.Fat 3.9 G Chol 88.7 Mg Sodm 487.38 Mg Carb 74.10 G Fiber 1.0 G</p>
<p>26 Chicken Biscuit</p>	<p>27 Tortilla Cheese Roll</p>	<p>28 Cinnamon & Brown Sugar Bagelful</p>	<p>29 Breakfast Bites</p>	<p>30 Variety of Cereal</p>	<p>Cal 498 T.Fat 13.85 G S.Fat 4.5 G Chol 26.6 Mg Sodm 750.70 Mg Carb 75.11 G Fiber 2.1 G</p>

Pressed for time? How about money? If so, send in your little ones for a **free breakfast!!!** That's right- the North Carolina Legislators once again funded the Free Kindergarten Breakfast initiative for the following schools:

Bradley Creek, Snipes, College Park, Forest Hills, Gregory, Bellamy, Carolina Beach, MC Williams, Wrightsboro, Sunset and Freeman

This applies to all kindergarten students at these schools! For others, enjoy a hot nutritious breakfast for only \$1.25



New Hanover County Schools follows a program called "Offer vs Serve". We have followed this program for several years and it gives the students the opportunity to choose foods they like. Here's what a meal can consist of....

BREAKFAST:

1/2 cup of Fruit or Vegetable, 1- 8oz Milk, 1 serving of Bread and 1oz Meat or 2 servings of Bread or 2oz Meat

"You must select 3 or 4 food items for a complete breakfast or you may purchase items through our a la carte selections.

LUNCH:

1- 2oz Meat ,1/2 cup Fruit or Vegetables (can choose two. One of each or two of each, must be different), 1 Bread,1-8oz Milk

" Main Entree such as Pizza and Sandwiches count as a meat & bread. You must select 3, 4, or 5 food items for a complete lunch. You may also purchase items a la carte."