

Indian Prairie School District #204 Elementary Breakfast Menu 2009

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
2 Poptart or Cold Cereal Graham Crackers Fruit Juice Choice of Milk	3 Blueberry Muffin or Cold Cereal Graham Crackers Fruit Juice Choice of Milk	4 Strawberry Nutrigrain Bar or Cold Cereal Graham Crackers Fruit Juice Choice of Milk	5 English Muffin w/Jelly or Cold Cereal Graham Crackers Fruit Juice Choice of Milk	6 Enriched Donut or Cold Cereal Graham Crackers Fruit Juice Choice of Milk	Cal 491 T.Fat 9.09 G (16.6 %) S.Fat 3.1 G (5.7 %) Carb 89.95 G (73.2 %) Prtn 12.91 G (10.5 %) Iron 5.51 Mg Calc 404.07 Mg Vit A 213.50 RE Vit C 28.62 Mg
9 Blueberry Nutrigrain Bar or Cold Cereal Graham Crackers Fruit Juice Choice of Milk	10 Parent/Teacher Conference No School	11 Veterans' Day No School	12 Bagel w/Sun Butter or Cold Cereal Graham Crackers Fruit Juice Choice of Milk	13 Poptart or Cold Cereal Graham Crackers Fruit Juice Choice of Milk	Cal 519 T.Fat 10.11 G (17.5 %) S.Fat 3.2 G (5.5 %) Carb 92.72 G (71.4 %) Prtn 14.37 G (11.1 %) Iron 5.32 Mg Calc 398.40 Mg Vit A 206.83 RE Vit C 26.52 Mg
16 Blueberry Muffin or Cold Cereal Graham Crackers Fruit Juice Choice of Milk	17 Biscuit w/Jelly or Cold Cereal Graham Crackers Fruit Juice Choice of Milk	18 Poptart or Cold Cereal Graham Crackers Fruit Juice Choice of Milk	19 Enriched Donut or Cold Cereal Graham Crackers Fruit Juice Choice of Milk	20 Strawberry Nutrigrain Bar or Cold Cereal Graham Crackers Fruit Juice Choice of Milk	Cal 498 T.Fat 9.79 G (17.7 %) S.Fat 3.3 G (6.0 %) Carb 90.32 G (72.5 %) Prtn 12.83 G (10.3 %) Iron 5.47 Mg Calc 399.89 Mg Vit A 213.69 RE Vit C 28.66 Mg
23 Poptart or Cold Cereal Graham Crackers Fruit Juice Choice of Milk	24 Bagel w/Cream Cheese or Cold Cereal Graham Crackers Fruit Juice Choice of Milk	25 Thanksgiving Break No School	26 Thanksgiving Break No School	27 Thanksgiving Break No School	Cal 542 T.Fat 11.04 G (18.3 %) S.Fat 4.7 G (7.8 %) Carb 95.90 G (70.8 %) Prtn 14.32 G (10.6 %) Iron 5.57 Mg Calc 360.73 Mg Vit A 225.57 RE Vit C 26.52 Mg
30 Blueberry Nutrigrain Bar or Cold Cereal Graham Crackers Fruit Juice Choice of Milk	Questions? Please Call Susan M. Ladesic, RD at (630)428-6570			Breakfast Meal Price: Paid Breakfast: \$1.50 Reduced Breakfast: \$.30 White Milk \$.40 Flavored Milk: \$.50	Cal 439 T.Fat 7.69 G (15.7 %) S.Fat 2.5 G (5.1 %) Carb 81.72 G (74.4 %) Prtn 12.03 G (11.0 %) Iron 4.81 Mg Calc 455.07 Mg Vit A 223.50 RE Vit C 26.52 Mg

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250. Food Service Provided by Chartwells. Menu subject to change without notice.

