

Indian Prairie School District #204

Secondary School Breakfast Menu

November 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
2 French Toast Sticks or Sausage, Egg, & Cheese Muffin (Tator Tots offered w/both Hot Entrees) Graham Crackers Choice of Fruit Choice of Milk	3 Biscuits & Gravy or Ham, Egg, & Cheese Bagel (Tator Tots offered w/both Hot Entrees) Graham Crackers Choice of Fruit Choice of Milk	4 Scrambled Eggs w/ English Muffin or Sausage & Egg Biscuit (Tator Tots offered w/both Hot Entrees) Graham Crackers Choice of Fruit Choice of Milk	5 Pancakes w/Syrup or Bacon, Egg, & Cheese Bagel (Tator Tots offered w/both Hot Entrees) Graham Crackers Choice of Fruit Choice of Milk	6 Breakfast Burrito (Ham, Egg, & Cheese) or Sausage, Egg, & Cheese Muffin (Tator Tots offered w/both Hot Entrees) Graham Crackers Choice of Fruit Choice of Milk	Cal 592 T. Fat 15.23 G (23.1 %) S. Fat 5.8 G (8.9 %) Carb 98.20 G (66.3 %) Prtn 16.49 G (11.1 %) Iron 3.51 Mg Calc 412.67 Mg Vit A 221.71 RE Vit C 21.03 Mg
9 French Toast Sticks or Sausage, Egg, & Cheese Muffin (Tator Tots offered w/both Hot Entrees) Graham Crackers Choice of Fruit Choice of Milk	10 Parent/Teacher Conference No School	11 Veterans' Day No School	12 Pancakes w/Syrup or Bacon, Egg, & Cheese Bagel (Tator Tots offered w/both Hot Entrees) Graham Crackers Choice of Fruit Choice of Milk	13 Breakfast Burrito (Ham, Egg, & Cheese) or Sausage, Egg, & Cheese Muffin (Tator Tots offered w/both Hot Entrees) Graham Crackers Choice of Fruit Choice of Milk	Cal 594 T. Fat 15.23 G (23.1 %) S. Fat 5.9 G (8.9 %) Carb 98.71 G (66.5 %) Prtn 16.32 G (11.0 %) Iron 3.49 Mg Calc 413.84 Mg Vit A 225.31 RE Vit C 21.07 Mg
16 French Toast Sticks or Sausage, Egg, & Cheese Muffin (Tator Tots offered w/both Hot Entrees) Graham Crackers Choice of Fruit Choice of Milk	17 Biscuits & Gravy or Ham, Egg, & Cheese Bagel (Tator Tots offered w/both Hot Entrees) Graham Crackers Choice of Fruit Choice of Milk	18 Scrambled Eggs w/ English Muffin or Sausage & Egg Biscuit (Tator Tots offered w/both Hot Entrees) Graham Crackers Choice of Fruit Choice of Milk	19 Pancakes w/Syrup or Bacon, Egg, & Cheese Bagel (Tator Tots offered w/both Hot Entrees) Graham Crackers Choice of Fruit Choice of Milk	20 Breakfast Burrito (Ham, Egg, & Cheese) or Sausage, Egg, & Cheese Muffin (Tator Tots offered w/both Hot Entrees) Graham Crackers Choice of Fruit Choice of Milk	Cal 592 T. Fat 15.23 G (23.1 %) S. Fat 5.8 G (8.9 %) Carb 98.20 G (66.3 %) Prtn 16.49 G (11.1 %) Iron 3.51 Mg Calc 412.67 Mg Vit A 221.71 RE Vit C 21.03 Mg
23 French Toast Sticks or Sausage, Egg, & Cheese Muffin (Tator Tots offered w/both Hot Entrees) Graham Crackers Choice of Fruit Choice of Milk	24 Biscuits & Gravy or Ham, Egg, & Cheese Bagel (Tator Tots offered w/both Hot Entrees) Graham Crackers Choice of Fruit Choice of Milk	25 Thanksgiving Break No School	26 Thanksgiving Break No School	27 Thanksgiving Break No School	Cal 598 T. Fat 15.45 G (23.2 %) S. Fat 5.7 G (8.6 %) Carb 99.89 G (66.8 %) Prtn 15.88 G (10.6 %) Iron 3.42 Mg Calc 396.69 Mg Vit A 205.48 RE Vit C 20.86 Mg
30 French Toast Sticks or Sausage, Egg, & Cheese Muffin (Tator Tots offered w/both Hot Entrees) Graham Crackers Choice of Fruit Choice of Milk	Entrees Offered Daily: Cold Cereal, Bagel w/Cream Cheese, Muffin, Poptart, Nutrigrain Bar. Offered Every Tuesday & Thursday: Cinnamon Roll			Breakfast Meal Price: Paid Breakfast: \$1.50 Reduced Breakfast: \$.30 White Milk \$.40 Flavored Milk \$.50	Cal 585 T. Fat 16.00 G (24.6 %) S. Fat 6.0 G (9.2 %) Carb 96.11 G (65.7 %) Prtn 15.09 G (10.3 %) Iron 3.24 Mg Calc 399.39 Mg Vit A 205.20 RE Vit C 20.85 Mg

**Questions? Please Call
 Susan M. Ladesic, RD at
 (630)428-6570**

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.

