



# May 2010



## ARCHDIOCESE OF LOS ANGELES

BREAKFAST K-12

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Nutrient Averages
<p>3</p> <p><b>RICE KRISPIES</b></p> <p>Buttermilk Bar</p> <p>Orange Juice</p> <p>Milk</p>	<p>4</p> <p><b>PANCAKE &amp; TURKEY SAUSAGE ON A STICK</b></p> <p>Apple Juice</p> <p>Milk</p>	<p>5</p> <p><b>EGG AND CHEESE ON A BAGEL</b></p> <p>100% Fruit Punch</p> <p>Milk</p>	<p>6</p> <p><b>MINI WHEATS LITTLE BITES (WHOLE GRAIN)</b></p> <p>Banana Muffin</p> <p>Orange Pineapple Juice</p> <p>Milk</p>	<p>7</p> <p><b>APPLE MUFFIN</b></p> <p>Grape Juice</p> <p>Milk</p>	<p>Calories 554.0</p> <p>Protein 15.0</p> <p>Calcium (mg) 368.3</p> <p>Iron (mg) 4.0</p> <p>Vita A (RE) 359.6</p> <p>Vita C (g) 25.0</p> <p>Saturated Fat 6.9%</p> <p>Total Fat 22.4%</p>
<p>10</p> <p><b>FRUIT LOOPS (LOW SUGAR)</b></p> <p>Cinnamon Breakfast Square</p> <p>Orange Pineapple Juice</p> <p>Milk</p>	<p>11</p> <p><b>CHICKEN BISCUIT</b></p> <p>100% Fruit Punch</p> <p>Milk</p>	<p>12</p> <p><b>BUTTERMILK WAFFLE</b></p> <p>Apple Juice</p> <p>Honey Belly Bears</p> <p>Milk</p>	<p>13</p> <p><b>TOTAL RAISIN BRAN (WHOLE GRAIN)</b></p> <p>Bagel</p> <p>Orange Juice</p> <p>Milk</p>	<p>14</p> <p><b>BLUEBERRY MUFFIN</b></p> <p>Grape Juice</p> <p>Milk</p>	<p>Calories 564.3</p> <p>Protein 16.0</p> <p>Calcium (mg) 379.0</p> <p>Iron (mg) 6.2</p> <p>Vita A (RE) 312.9</p> <p>Vita C (g) 27.5</p> <p>Saturated Fat 7.8%</p> <p>Total Fat 22.9%</p>
<p>17</p> <p><b>MAPLE EGGO CRUNCH (WHOLE GRAIN)</b></p> <p>Buttermilk Bar</p> <p>Grape Juice</p> <p>Milk</p>	<p>18</p> <p><b>PANCAKES</b></p> <p>Orange Juice</p> <p>Milk</p>	<p>19</p> <p><b>SAUSAGE PATTY ON A BISCUIT</b></p> <p>100% Fruit Punch</p> <p>Jungle Crackers</p> <p>Milk</p>	<p>20</p> <p><b>CRISPIX CEREAL</b></p> <p>Banana Muffin</p> <p>Apple Juice</p> <p>Milk</p>	<p>21</p> <p><b>BLUEBERRY BAGEL</b></p> <p>Grape Juice</p> <p>Milk</p>	<p>Calories 561.2</p> <p>Protein 16.0</p> <p>Calcium (mg) 391.2</p> <p>Iron (mg) 4.8</p> <p>Vita A (RE) 291.3</p> <p>Vita C (g) 21.2</p> <p>Saturated Fat 7.8%</p> <p>Total Fat 22.2%</p>
<p>24</p> <p><b>TOTAL RAISIN BRAN (WHOLE GRAIN)</b></p> <p>Superstix W/ Strawberry Cream Cheese</p> <p>Orange Juice</p> <p>Milk</p>	<p>25</p> <p><b>TURKEY HAM &amp; CHEESE ON ENGLISH MUFFIN</b></p> <p>Grape Juice</p> <p>Honey Belly Bears</p> <p>Milk</p>	<p>26</p> <p><b>CINNAMON SWIRL FRENCH TOAST</b></p> <p>Apple Juice</p> <p>Milk</p>	<p>27</p> <p><b>FROSTED MINI WHEATS (WHOLE GRAIN)</b></p> <p>Buttermilk Bar</p> <p>Orange Pineapple Juice</p> <p>Milk</p>	<p>28</p> <p><b>BANANA MUFFIN</b></p> <p>100% Fruit Punch</p> <p>Cinnamon Elf Grahams</p> <p>Milk</p>	<p>Calories 552.4</p> <p>Protein 16.3</p> <p>Calcium (mg) 424.6</p> <p>Iron (mg) 4.4</p> <p>Vita A (RE) 286.8</p> <p>Vita C (g) 24.6</p> <p>Saturated Fat 6.5%</p> <p>Total Fat 19.9%</p>
<p>31</p> <p><b>MEMORIAL DAY</b></p>					

\*\*\*ALL MEALS SERVED WITH APPROPRIATE BUNS, CONDIMENTS AND A CHOICE OF MILK. MENU SUBJECT TO CHANGE

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