

# Athol-Royalston Regional

January 2012

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT SCRAMBLED EGGS WHOLE WHEAT TOAST WITH PEANUT BUTTER & JELLY	4 HOT OATMEAL W/SYRUP MILK,1% Lowfat ASSORTED FRUIT JUICES BAGEL STRAWBERRY YOGURT FRESH FRUIT JELLY	5 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES CHOC CHIP MUFFINS FRESH FRUIT	6 NO SCHOOL TODAY PROFESSIONAL DEVELOPMENT No School
9 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT TOASTED ENGLISH MUFFINS W/JELLY PEANUT BUTTER	10 ASSORTED CEREALS SCRAMBLED EGGS MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT CHOC CHIP MUFFINS	11 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT FRENCH TOAST STICKS WITH SYRUP YOGURT w/BLUEBERRIES	12 ASSORTED CEREALS HOT OATMEAL W/SYRUP MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT APPLE CINNAMON	13 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES TOASTED BAGELETTE W/JELLY FRESH FRUIT PEANUT BUTTER
16	17 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT TOASTED ENGLISH MUFFINS W/JELLY PEANUT BUTTER	18 ASSORTED CEREALS ASSORTED FRUIT JUICES GRANOLA BAR FRESH FRUIT STRAWBERRY YOGURT MILK,1% Lowfat	19 ASSORTED CEREALS SCRAMBLED EGGS MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT TOASTED ENGLISH MUFFINS W/JELLY	20 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES TOASTED BAGELETTE W/JELLY FRESH FRUIT PEANUT BUTTER
23 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES BAGEL STRAWBERRY YOGURT FRESH FRUIT JELLY	24 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT CHOC CHIP MUFFINS	25 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT TOASTED ENGLISH MUFFINS W/JELLY PEANUT BUTTER	26 ASSORTED CEREALS SCRAMBLED EGGS MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT APPLE CINNAMON	27 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT SCRAMBLED EGGS WHOLE WHEAT TOAST WITH PEANUT BUTTER & JELLY

Menu Subject to Change

	Average	Target	% of Target		Average	% of Calories	Target
Calories	486	480	101%	Protein	16.60 g	13.67%	6.60
Cholesterol	84 mg			Carbohyd	78.27 g	64.46%	
Sodium	518 mg			Tot. Fat	11.64 g	21.57%	<30.00%
Fiber	2.49 g			Sat. Fat	3.69 g	6.84%	<10.00%
Iron	8.37 mg	2.50	335%				
Calcium	440.84 mg	200.00	220%				
Vitamin A	963 IU	775	124%				
Vitamin C	41.14 mg	11.25	366%				