

# Athol-Royalston Regional

February 2012

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
30 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT SCRAMBLED EGGS WHOLE WHEAT TOAST WITH PEANUT BUTTER & JELLY	31 HOT OATMEAL W/SYRUP MILK,1% Lowfat ASSORTED FRUIT JUICES BAGEL STRAWBERRY YOGURT FRESH FRUIT JELLY	1 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT SCRAMBLED EGGS TOASTED ENGLISH MUFFINS W/JELLY	2 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES BAGEL STRAWBERRY YOGURT FRESH FRUIT JELLY	3 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES CHOC CHIP MUFFINS FRESH FRUIT
6 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT TOASTED ENGLISH MUFFINS W/JELLY PEANUT BUTTER	7 ASSORTED CEREALS SCRAMBLED EGGS MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT CHOC CHIP MUFFINS	8 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT FRENCH TOAST STICKS WITH SYRUP YOGURT w/BLUEBERRIES	9 ASSORTED CEREALS HOT OATMEAL W/SYRUP MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT APPLE CINNAMON	10 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES TOASTED BAGELETTE W/JELLY FRESH FRUIT PEANUT BUTTER
13 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES BAGEL STRAWBERRY YOGURT FRESH FRUIT JELLY	14 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT CHOC CHIP MUFFINS	15 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT TOASTED ENGLISH MUFFINS W/JELLY PEANUT BUTTER	16 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT APPLE CINNAMON	17 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT SCRAMBLED EGGS WHOLE WHEAT TOAST WITH PEANUT BUTTER & JELLY
20	21	22 VACATION WEEK	23	24
27 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT TOASTED ENGLISH MUFFINS W/JELLY PEANUT BUTTER	28 ASSORTED CEREALS SCRAMBLED EGGS MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT CHOC CHIP MUFFINS	29 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT FRENCH TOAST STICKS WITH SYRUP	1 ASSORTED CEREALS HOT OATMEAL W/SYRUP MILK,1% Lowfat ASSORTED FRUIT JUICES FRESH FRUIT APPLE CINNAMON	2 ASSORTED CEREALS MILK,1% Lowfat ASSORTED FRUIT JUICES TOASTED BAGELETTE W/JELLY FRESH FRUIT PEANUT BUTTER

Menu Subject to Change

	Average	Target	% of Target		Average	% of Calories	Target
Calories	502	480	105%	Protein	16.83 g	13.41%	6.60
Cholesterol	77 mg			Carbohyd	80.72 g	64.32%	
Sodium	546 mg			Tot. Fat	12.28 g	22.02%	<30.00%
Fiber	2.53 g			Sat. Fat	3.93 g	7.05%	<10.00%
Iron	8.43 mg	2.50	337%				
Calcium	444.23 mg	200.00	222%				
Vitamin A	961 IU	775	124%				
Vitamin C	41.52 mg	11.25	369%				