





# February 2012

SAN FRANCISCO UNIFIED SCHOOL DISTRICT



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HB + BRC

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Nutrient Averages
		<b>1</b> <b>WHOLE GRAIN PANCAKES W/SAUSAGE</b> Fresh Pear  <b>LEMON MUFFIN</b> Fresh Pear	<b>2</b> <b>EGG AND CHEESE ON A BAGEL</b> Fresh Banana Graham Crackers <b>FROSTED FLAKES (LOW SUGAR)</b> Graham Crackers Fresh Banana	<b>3</b> <b>FRENCH TOAST STICKS</b> Fresh Apple  <b>APPLE FRUITY MUFFIN</b> Fresh Apple	Calories 580.7 Protein 18.6 Calcium (mg) 445.8 Iron (mg) 3.1 Vita A (RE) 237.8 Vita C (g) 9.8 Saturated Fat 5.9% Total Fat 19.2%
<b>6</b> <b>WHOLE GRAIN PANCAKES W/SAUSAGE</b> Fresh Orange  <b>RICE KRISPIES</b> Cinnamon Elf Grahams Fresh Orange	<b>7</b> <b>CHEESE OMELET</b> Fresh Apple Graham Crackers  <b>BAGEL W/CREAM CHEESE</b> Fresh Apple	<b>8</b> <b>FRENCH TOAST STICKS</b> Fresh Pear  <b>WALLY WABBIT'S CARROT MUFFIN</b> Graham Crackers Fresh Pear	<b>9</b> <b>CHEESY EGG, POTATO &amp; TURKEY SAUSAGE INCREDI-BOWL</b> Fresh Banana Cinnamon Elf Grahams  <b>KIX CEREAL (WHOLE GRAIN)</b> Honey Belly Bears Fresh Banana	<b>10</b> <b>CHICKEN BISCUIT</b> Fresh Apple  <b>FROSTED MINI WHEATS (WHOLE GRAIN)</b> Banana Muffin Fresh Apple	Calories 560.4 Protein 19.1 Calcium (mg) 492.1 Iron (mg) 3.0 Vita A (RE) 250.8 Vita C (g) 26.1 Saturated Fat 7.9% Total Fat 24.6%
<b>13</b> <b>FRENCH TOAST STICKS</b> Fresh Orange  <b>FROSTED FLAKES (LOW SUGAR)</b> Jungle Crackers Fresh Orange	<b>14</b> <b>WHOLE GRAIN WAFFLES W/SAUSAGE</b> Fresh Apple  <b>TRAIL MIX</b> String Cheese Fresh Apple	<b>15</b> <b>EGG AND CHEESE ON A BAGEL</b> Fresh Pear Cinnamon Elf Grahams  <b>APPLE FRUITY MUFFIN</b> Fresh Pear	<b>16</b> <b>TURKEY HAM &amp; CHEESE ON AN ENGLISH MUFFIN</b> Fresh Apple Graham Crackers  <b>SPECIAL K</b> Graham Crackers Fresh Apple	<b>17</b> <b>NO SCHOOL</b>	Calories 574.5 Protein 19.6 Calcium (mg) 492.5 Iron (mg) 3.3 Vita A (RE) 226.2 Vita C (g) 29.4 Saturated Fat 6.5% Total Fat 20.5%
 <b>President's Day</b>	<b>21</b> <b>CHEESY EGG, POTATO &amp; TURKEY SAUSAGE INCREDI-BOWL</b> Fresh Apple Cinnamon Elf Grahams  <b>BAGEL W/CREAM CHEESE</b> Fresh Apple	<b>22</b> <b>TOASTED CHEESE SANDWICH ON WHEAT</b> Fresh Pear  <b>BANANA MUFFIN</b> Fresh Pear	<b>23</b> <b>CHICKEN BISCUIT</b> Fresh Banana  <b>KIX CEREAL (WHOLE GRAIN)</b> Cinnamon Elf Grahams Fresh Banana	<b>24</b> <b>CHEESE OMELET</b> Fresh Apple Graham Crackers  <b>MULTIGRAIN CHEERIOS (WHOLE GRAIN)</b> Wally Wabbit's Carrot Muffin Fresh Apple	Calories 562.3 Protein 21.0 Calcium (mg) 549.0 Iron (mg) 3.1 Vita A (RE) 287.3 Vita C (g) 9.4 Saturated Fat 10.3% Total Fat 27.6%
<b>27</b> <b>TURKEY HAM &amp; CHEESE ON AN ENGLISH MUFFIN</b> Fresh Orange Cinnamon Elf Grahams  <b>CORN FLAKES</b> Honey Belly Bears Fresh Orange	<b>28</b> <b>WHOLE GRAIN WAFFLES W/SAUSAGE</b> Fresh Apple  <b>TRAIL MIX</b> String Cheese Fresh Apple	<b>29</b> <b>WHOLE GRAIN PANCAKES W/SAUSAGE</b> Fresh Pear  <b>LEMON MUFFIN</b> Fresh Pear	<b>Check Us Out:</b> <a href="http://www.sfusd.edu">www.sfusd.edu</a>		Calories 487.8 Protein 19.8 Calcium (mg) 456.2 Iron (mg) 2.8 Vita A (RE) 163.8 Vita C (g) 36.7 Saturated Fat 6.1% Total Fat 16.6%

\*\*\*ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF MILK.

\*\*MENU SUBJECT TO CHANGE

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