

**DPS 2017**  
**Elementary Breakfast Menu**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Cole's Cinnamon Toast</b> 90 cal, 3.5 g fat, 13 g carbs	<b>Chicken/Sausage/ Steak/ Egg omelet</b>	<b>Pancakes</b> 20 cal, 7 g fat, 41 g carbs	<b>Biscuit w/ Gravy</b> 260 cal, 13 g fat, 28 g carbs	<b>Whole Grain Muffin</b> 160 cal, 4.5 g fat, 27 g carbs
<b>Whole Grain Cereal</b> 110-110 cal 0-3 g fat 20-24 g carbs	<b>w/ Biscuit</b> 280-350 cal 10-23 g fat 21-27 g carbs	<b>Scones</b> 202 cal, 7 g fat, 31 g carbs	<b>Whole Grain Cereal</b> 110-110 cal 0-3 g fat 20-24 g carbs	<b>Pancake on a Stick</b> 200 cal, 10 g fat, 17 g carbs
<b>Yogurt</b> 80 cal, 0 g fat, 16 g carbs	<b>Whole Grain Cereal</b> 110-110 cal	<b>Yogurt</b> 80 cal, 0 g fat, 16 g carbs	<b>Oatmeal w/ assorted fruit</b> 20-24 g carbs	<b>Yogurt Parfait</b> 230 cal, 3 g fat, 47 g carbs
<b>Fresh fruit</b> 100% fruit juice and Milk	<b>String Cheese</b> 85 cal, 6 g fat, 2 g carbs	<b>Fresh fruit</b> And Milk	<b>toppings</b> 120 cal, 5 g fat, 30 g carbs	<b>Fresh fruit</b> 100% fruit juice and Milk
	<b>Fresh fruit</b> And Milk			

*In the operation of child feeding programs no child will be discriminated against because of race, color, national origin, age, sex, or handicap.  
If you believe you have been discriminated against, write immediately to School and Community Nutrition, 1654 Twin Towers East, Atlanta GA.30334*