### January 2020

#### School Closed

**Brunch For Lunch**
- Egg Patty
- Pancakes W/ Syrup
- Tater Tots
- Applesauce

**Average Weekly Nutrients**
- Calories 671
- Cholesterol 39 mg
- Total Fat 18.9g/25.5%
- Protein 30.3g/18.0%
- Carbohydrates 97.6g/58.3%
- Sat. Fat 4.9g/5.3%

**Sautéed Spinach W/ Garlic**
- Whole Grain Italian Bread
- Red Pepper & Carrots Slices
- Fruit

**Average Weekly Nutrients**
- Calories 629
- Cholesterol 47.0mg
- Total Fat 20.4g/29.1%
- Protein 31.0g/21.1%
- Carbohydrates 80.7g/51.4%
- Sat. Fat 5.9g/8.0%

**Golden Corn**
- Whole Grain Bun

**Average Weekly Nutrients**
- Calories 36
- Cholesterol 0 mg
- Total Fat 0.0g/0.0%
- Protein 3.0g/5.3%
- Carbohydrates 8.0g/12.8%
- Sat. Fat 0.0g/0.0%

**Grilled Cheese**
- Sautéed Spinach W/ Garlic
- White Meat Turkey
- Whole Grain Italian Bread

**Average Weekly Nutrients**
- Calories 696
- Cholesterol 45 mg
- Total Fat 18.9g/24.2%
- Protein 23.9g/27.2%
- Carbohydrates 88.0g/53.0%
- Sat. Fat 5.9g/7.6%

**French Toast Sticks W/ Syrup**
- Whole Grain Bun

**Average Weekly Nutrients**
- Calories 636
- Cholesterol 44 mg
- Total Fat 19.2g/27.2%
- Protein 30.0g/18.9%
- Carbohydrates 88.0g/53.0%
- Sat. Fat 5.4g/7.6%

**Whole Grain Pizzeria Style Pizza**
- Whole Grain Pizzeria Style Pizza

**Average Weekly Nutrients**
- Calories 636
- Cholesterol 54 mg
- Total Fat 17.5g/24.8%
- Protein 32.8g/20.7%
- Carbohydrates 89.8g/56.5%
- Sat. Fat 5.9g/8.4%

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**Brunch For Lunch**
- French Toast Sticks W/ Syrup
- Tater Tots
- Apple

**Average Weekly Nutrients**
- Calories 588
- Cholesterol 44 mg
- Total Fat 17.5g/24.8%
- Protein 32.8g/20.7%
- Carbohydrates 89.8g/56.5%
- Sat. Fat 5.9g/8.4%

**Crispy Popcorn Chicken**
- Whole Grain Bun

**Average Weekly Nutrients**
- Calories 636
- Cholesterol 54 mg
- Total Fat 17.5g/24.8%
- Protein 32.8g/20.7%
- Carbohydrates 89.8g/56.5%
- Sat. Fat 5.9g/8.4%

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**Brunch For Lunch**
- Whole Grain Bun
- Italian Pasta Salad
- Apple

**Average Weekly Nutrients**
- Calories 636
- Cholesterol 44 mg
- Total Fat 19.2g/27.2%
- Protein 30.0g/18.9%
- Carbohydrates 88.0g/53.0%
- Sat. Fat 5.9g/7.6%