






Cafeteria menu for -
BREAKFAST

PHOENIX UNION HIGH SCHOOL DISTRICT #210

November 2014

Food Services Division

Eat Healthy

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>3</div> <div>Canadian Bacon with Egg on English Muffin Fresh Fruit</div> <div>335 Cal, 2.0 Sat. Fat, 601 Sodium</div>	<div>4</div> <div>Egg & Cheese Burrito Mixed Fruit Cup</div> <div>355 Cal, 3 Sat Fat, 429 Sodium</div>	<div>5</div> <div>French Toast Sticks Bacon Fresh Fruit</div> <div>499 Cal, 2.5 Sat Fat, 716 Sodium</div>	<div>6</div> <div>Scrambled Eggs Homemade Cinnamon Roll Chilled Peaches</div> <div>322 Cal, 2 Sat Fat, 294 Sodium</div>	<div>7</div> <div>Pancake on a Stick Applesauce</div> <div>314 Cal, 3.0 Sat Fat, 480 Sodium</div>
<div>10</div> <div>Egg & Cheese Quesadilla Chilled Peaches</div> <div>350 Cal, 2.5 Sat Fat, 620 Sodium</div>	<div>11</div> <div></div>	<div>12</div> <div>Pancakes Syrup Fruit</div> <div>425 Cal, 1 Sat Fat, 363 Sodium</div>	<div>13</div> <div>Breakfast Wrap Fresh Fruit</div> <div>270 Cal, 4 Sat Fat, 401 Sodium</div>	<div>14</div> <div>Waffles Bacon Fresh Fruit</div> <div>479 Cal, 2.5 Sat Fat, 655 Sodium</div>
<div>17</div> <div>Flatbread Breakfast Sandwich Chilled Peaches</div> <div>280 Cal, 1 Sat Fat, 460 Sodium</div>	<div>18</div> <div>Egg Burrito on Whole Grain Tortilla Chilled Fruit Cup</div> <div>395 Cal, 3.0 Sat Fat, 444 Sodium</div>	<div>19</div> <div>Sausage & Eggs Breakfast Loaf AppleSauce</div> <div>431 Cal, 3.7 Sat Fat, 352 Sodium</div>	<div>20</div> <div>Breakfast Tac-Go Chilled Fruit</div> <div>274 Cal, 3.5 Sat fat, 430 Sodium</div>	<div>21</div> <div>Ham, Egg & Cheese on W/G Bun Fresh Fruit</div> <div>290 Cal, 3.0 Sat Fat, 925 Sodium</div>
<div>24</div> <div>Waffles w/Syrup Chilled Fruit Cup</div> <div>469 Cal, 1.5 Sat Fat, 304 Sodium</div>	<div>25</div> <div></div>	<div>26</div> <div></div>	<div></div>	
<div></div>				

STUDENT MAY SUBSTITUTE
CEREAL & MUFFIN
PLUS FRUIT, AND 1% & LOW-FAT MILK

Total Meal = 505 Cal, 3.6 Sat Fat, 307 Sodium

Breakfast is offered to each
student at no charge every
morning.



Check your school for
serving times.

Breakfast