



<p>Breakfast Break Jacks Cinnamon Graham Crackers 100% Fruit Juice (54) Raisins (28) 1% or FF White Milk (12)</p> <p>458: 337: 94</p>	<p>Cinnamon Crisp Get Vertical Bar (0) Fresh Apple (18) 1% or FF White Milk (12)</p> <p>173: 122: 31</p>	<p>Trix Yogurt Strawberry Bananas (20) Strawberry Rockin'ola (21) Assorted Fresh Fruit (6) Apples Juice Box (0) 1% or FF White Milk (12)</p> <p>Count Day! 412: 292: 53</p>	<p>Breakfast Break Loops Zoo Cracker Apple Juice (43) Raisins (20) 1% or FF White Milk (12)</p> <p>557: 374: 75</p>	<p>Big Strawberry Banana Muffin (45) Mixed Fruit Applesauce Cup (13) Grape Juice Box (0) 1% or FF White Milk (12)</p> <p>478: 412: 70</p>
<p>Breakfast Break Frosted Flakes WG Cinnamon Grahams 100% Juice (59) Raisins (28) 1% or FF White Milk (12)</p> <p>438: 392: 99</p>	<p>Oatmeal Chocolate Benefit Bar (47) Yellow Apple (19) 1% or FF White Milk (12)</p> <p>453: 332: 73</p>	<p>Mini Pancakes Maple Blast (40) Cinnamon Applesauce Cup (22) Assorted Fresh Fruit (6) 1% or FF White Milk (12)</p> <p>452: 337: 50</p>	<p>Breakfast Break Cereal Cinnamon Grahams 100% Fruit Juice (59) Raisins (20) 1% or FF White Milk (12)</p> <p>537: 419: 88</p>	<p>Giant Blueberry Muffin (45) Strawberry Applesauce Cup (13) Apple Juice Box (0) 1% or FF White Milk (12)</p> <p>478: 422: 70</p>
<p>Breakfast Break Golden Grahams Maple Oat Crunch Bar 100% Apple Juice (58) Raisins (28) 1% or FF White Milk (12)</p> <p>493: 462: 98</p>	<p>Banana Chocolate Benefit Bar (48) Fresh Apple (19) 1% or FF White Milk (12)</p> <p>450: 342: 79</p>	<p>Trix Yogurt Raspberry Rainbow (20) Chocolate Rockin'ola (22) Strawberry Banana Applesauce Cup (22) Assorted Fresh Fruit (6) 1% or FF White Milk (12)</p> <p>442: 232: 52</p>	<p>Breakfast Coco WG Cheddar Golofish 100% Fruit Juice (59) Raisins (20) 1% or FF White Milk (12)</p> <p>577: 349: 87</p>	<p>Banana Muffin Loaf (0) Mini Vanilla Waters (0) Wild Watermelon Applesauce Cup (22) Orange Tangerine Juice Box (0) 1% or FF White Milk (12)</p> <p>2: 8: 142: 34</p>
<p>Breakfast Break Cinnamon Toast Crunch Cinnamon Grahams 100% Apple Juice (47) Raisins (28) 1% or FF White Milk (12)</p> <p>498: 397: 87</p>	<p>Cocoa Cherry Get Vertical Bar (37) Cinnamon Sky Grahams (21) Yellow Apple (19) 1% or FF White Milk (12)</p> <p>450: 292: 99</p>	<p>Mini Cinnamon Pancakes (40) Plain Applesauce Cup (13) Assorted Fresh Fruit (6) 1% or FF White Milk (12)</p> <p>412: 337: 71</p>	<p>Breakfast Break Loops Zoo Cracker Apple Juice (43) Raisins (20) 1% or FF White Milk (12)</p> <p>557: 574: 75</p>	<p>Big Strawberry Banana Muffin (45) Mixed Fruit Applesauce Cup (13) Grape Juice Box (0) 1% or FF White Milk (12)</p> <p>478: 412: 70</p>



Thought for Thought

A man who loses his money, gains, at the least, experience, and sometimes, something better. - Benjamin Disraeli

Tips & Information

Columbus is celebrated on the 2nd Monday in October.
The day is commemorated as the Columbus Day in United States, as Dia de las Culturas (Day of the Cultures) in Costa Rica, as Dia de la Hispanidad (Spanish Day), as Dia de la Raza (Day of the Race) in many countries in Latin America. Columbus Day became an authorized state holiday in Colorado in 1905. It became a national holiday in 1970 in the United States.

****Menu Subject to Change****
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Thought for Thought

Do not confuse motion and progress. A rocking horse keeps moving but does not make any progress. - Alfred A. Montapert

Tips & Information

Columbus is celebrated on the 2nd Monday in October. The day is commemorated as the Columbus Day in United States, as Dia de las Culturas (Day of the Cultures) in Costa Rica, as Dia de la Hispanidad (Spanish Day), as Dia de la Raza (Day of the Race) in many countries in Latin America. Columbus Day became an authorized state holiday in Colorado in 1905. It became a national holiday in 1970 in the United States.

Nutrition Key -> Cals:Sodium(mg):Carbs(g) - Item Carbs(g) In ()
 Avg -> Cals=673 Fatg=24 Fat%-32% Stalg=6 Carbgs=90 Proig=28 Sodmg=1158
 *or** = An alternative selection to choose. *WG=Whole Grain
 1% White & Fat Free Chocolate Milk available Daily.

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<p>Turkey Burger on WG Bun w/ Ketchup(26) or: Classic Cheeseburger on WG Bun(30) Baked Potato Wedges(16) Fresh Apple(19) 1% or FF Chocolate Milk(21) *Toppings Bar Day</p> <p>581: 1230: 32</p>	<p>Chix Rings w/ Ranch(12) or: Beef Hot Dog on Bun(22) Brown Sugar Glazed Carrots(3) Ranch Flavored Mini Wheat Crackers(0) Fruit Cocktail(40)</p> <p>620: 640: 76</p>	<p>Walking Taco with Doritos(30) or: Breaded Chicken Patty(40) Mexican Pinto Beans(20) Fresh Banana(23) 1% or FF Chocolate Milk(21) *Count Day!</p> <p>660: 1105: 94</p>	<p>Turkey Ham & Cheese Sub(35) or: Breaded Chicken Patty(40) Potato Salad(15) Fresh Orange(19) 1% or FF Chocolate Milk(21)</p> <p>605: 2116: 90</p>	<p>WG Pepperoni Pizza Slice(32) Fresh Broccoli & Ranch Dressing(4) Fruit Cocktail(40) 1% or FF Chocolate Milk(21)</p> <p>604: 1284: 65</p>
<p>Turkey Burger on WG Bun w/ Ketchup(26) or: Classic Cheeseburger on WG Bun(30) Sweet Potato Wedges(62) Yellow Apple(19) 1% or FF Chocolate Milk(21) *Toppings Bar Day</p> <p>548: 1138: 124</p>	<p>Ground Chicken Soft Taco on Flour Tortilla(24) or: Classic Cheeseburger on WG Bun(30) Corn O'Brien(14) Diced Peaches(15) 1% or FF Chocolate Milk(21)</p> <p>553: 833: 73</p>	<p>Louisiana Red Beans & Rice(66) or: Breaded Chicken Patty(40) Grand Valley Greens(6) WG Corn Muffin(0) Fresh Banana(23) 1% or FF Chocolate Milk(21)</p> <p>577: 623: 116</p>	<p>Signature Grilled Chicken Salad(5) or: Beef Sloppy Joe on Bun(34) Mixed Greens Salad w/ Italian(2) WG Dinner Roll(30)</p> <p>606: 1587: 76</p>	<p>WG Pepperoni Pizza Slice(32) Fresh Broccoli & Ranch Dressing(4) Diced Peas(14) 1% or FF Chocolate Milk(21)</p> <p>694: 1284: 70</p>
<p>Grilled Chicken & Cheese on WG Bun(54) or: Classic Cheeseburger on WG Bun(30) Cinn. & Sugar Squash(19) Fresh Apple(19) 1% or FF Chocolate Milk(21)</p> <p>520: 1269: 92</p>	<p>Italian Meatball Sandwich(24) or: Breaded Chicken Patty(40) Baked Green Beans(4) Diced Peas(14) 1% or FF Chocolate Milk(21)</p> <p>553: 833: 73</p>	<p>El Grande Hacienda Nachos w/ Taco Sauce(41) or: Motor City Chicken Fries w/ BBQ Sauce(19) "South of the Border" Beans(20) Fresh Banana(23) *Toppings Bar Day</p> <p>833: 1266: 105</p>	<p>*New Item* Vegetarian Chili(20) or: Beef Sloppy Joe on Bun(34) Michigan Sweet Corn(14) Corn Tortilla Chips(32) Mandarin Orange(20)</p> <p>779: 613: 107</p>	<p>WG Pepperoni Pizza Slice(32) Romaine w/ Dressing(2) Diced Peaches(15) 1% or FF Chocolate Milk(21)</p> <p>542: 929: 77</p>
<p>Hot Steak-n-Cheese Pita(20) or: Turkey Burger on WG Bun w/ Ketchup(26) Baked Beans(22) Fresh Apple(19) 1% or FF Chocolate Milk(21)</p> <p>627: 1537: 82</p>	<p>Signature Grilled Chicken Salad(5) or: Beef Hot Dog on Bun(22) Mixed Greens Salad w/ Italian(2) Soft Breadsticks(28) Pineapple Tidbits(17) *Toppings Bar Day</p> <p>546: 1447: 71</p>	<p>Refried Bean & Cheese Burrito(30) or: Breaded Chicken Patty(40) Corn O'Brien(14) Fresh Banana(23) 1% or FF Chocolate Milk(21)</p> <p>510: 800: 87</p>	<p>Sweet & Sour Chicken(24) or: Beef Sloppy Joe on Bun(34) Steamed Broccoli(2) WG Brown Rice(74) Yellow Apple(19)</p> <p>811: 711: 140</p>	<p>WG Pepperoni Pizza Slice(32) Baby Carrots w/ Ranch(6) Diced Peaches(15) 1% or FF Chocolate Milk(21)</p> <p>708: 1236: 70</p>

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