

APRIL BREAKFAST



COMPASS ROSE ACADEMY (OUTER CIRCLE)

Monday	Tuesday	Wednesday	Thursday	Friday
March 28, 2022	March 29, 2022	March 30, 2022	March 31, 2022	April 1, 2022
				GOLDEN GRAHAM CEREAL ^ Vanilla Waffle Square ^ Fresh Apple Choice of Milk
April 4, 2022	April 5, 2022	April 6, 2022	April 7, 2022	April 8, 2022
COCOA PUFFS ^ Strawberry Pancake Square ^ Dried Cranberries Fruit Punch Juice Choice of Milk	APPLE FRUDEL ^ Diced Peaches Apple-Cranberry Juice Choice of Milk	BLUEBERRY MINI MUFFIN ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk	BREAKFAST PIZZA BAGEL ^ Fresh Banana Orange Juice Choice of Milk	STRAWBERRY YOGURT Granola ^ Fresh Apple Choice of Milk
April 11, 2022	April 12, 2022	April 13, 2022	April 14, 2022	April 15, 2022
APPLE CINNAMON CHEERIOS ^ Graham Crackers ^ Dried Cranberries Orange Juice Choice of Milk	BEEF SAUSAGE SLIDER ^ Diced Peas Apple-Cranberry Juice Choice of Milk	TRIX ^ Maple Breakfast Square ^ Fresh Apple Choice of Milk	MAPLE PANCAKES ^ Fresh Banana Fruit Punch Juice Choice of Milk	NO SCHOOL
April 18, 2022	April 19, 2022	April 20, 2022	April 21, 2022	April 22, 2022
CINNAMON TOAST CRUNCH ^ Vanilla Waffle Square Dried Cranberries Grape Juice Choice of Milk	APPLE FRUDEL ^ Diced Peas Orange Juice Choice of Milk	DOUBLE CHOCOLATE MINI MUFFIN ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk	EGG & CHEESE ON ENGLISH MUFFIN ^ Fresh Banana Fruit Punch Juice Choice of Milk	NO SCHOOL
April 25, 2022	April 26, 2022	April 27, 2022	April 28, 2022	April 29, 2022
FROSTED CORN FLAKES ^ Cherry Breakfast Bar ^ Dried Cranberries Orange Juice Choice of Milk	CHICKEN BISCUIT ^ Diced Peaches Grape Juice Choice of Milk	RICE CHEX ^ Graham Crackers ^ Fresh Apple Choice of Milk	STRAWBERRY PANCAKES ^ Fresh Banana Fruit Punch Juice Choice of Milk	BLUEBERRY MINI MUFFIN ^ Mozzarella Cheese Stick Fresh Apple Choice of Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

Find your school's menus online at: preferredmealsmenu.com



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Nutritional Information: COMPASS ROSE ACADEMY (OUTER CIRCLE)

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
04-01-2022	GOLDEN GRAHAM CEREAL ^	110	0	0	0	0	210	24	1	8	1	0	4	60	2	G/B:1sv WG
	Vanilla Waffle Square ^	110	5	1	0	0	45	18	1	9	2	0	0	5	0	G/B:1sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-04-2022	COCOA PUFFS ^	110	2	0	0	0	120	25	2	8	2	500	6	100	4	G/B:1sv WG
	Strawberry Pancake Square ^	110	5	1	0	5	45	18	1	9	2	0	0	5	0	G/B:1sv WG
	Dried Cranberries	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	Fruit Punch Juice	60	0	0	0	0	10	14	0	13	0	0	0	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-05-2022	APPLE FRUDEL ^	210	6	1	0	0	250	36	2	10	4	0	0	0	2	G/B:2sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
	Apple-Cranberry Juice	60	0	0	0	0	15	14	0	12	0	0	0	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-06-2022	BLUEBERRY MINI MUFFIN ^	118	3	0	0	18	74	20	2	8	2	34	1	5	1	G/B:1sv WG
	Mozzarella Cheese Stick	90	6	3	0	20	190	2	0	0	7	0	0	198	0	MMA:1oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-07-2022	BREAKFAST PIZZA BAGEL ^	180	6	3	0	55	380	23	2	6	9	40	0	200	1	MMA:1oz G/B:1.25sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Orange Juice	60	0	0	0	0	10	14	0	12	0	2	30	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-08-2022	STRAWBERRY YOGURT	70	0	0	0	0	60	14	0	10	4	0	0	150	0	MMA:1oz BW-PRO
	Granola ^	120	4	0	0	0	20	19	2	4	4	0	0	10	1	G/B:1sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-11-2022	APPLE CINNAMON CHEERIOS ^	110	2	0	0	0	110	23	2	9	2	300	4	60	3	G/B:1sv WG
	Graham Crackers ^	90	2	0	0	0	100	17	1	4	2	0	0	10	1	G/B:1sv WG
	Dried Cranberries	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	Orange Juice	60	0	0	0	0	10	14	0	12	0	2	30	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-12-2022	BEEF SAUSAGE SLIDER ^	160	8	2	0	15	234	15	1	1	9	0	0	32	2	MMA:1oz G/B:1sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Apple-Cranberry Juice	60	0	0	0	0	15	14	0	12	0	0	0	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-13-2022	TRIX ^	110	2	0	0	0	140	24	1	7	1	500	4	100	3	G/B:1sv WG
	Maple Breakfast Square ^	110	5	1	0	0	45	18	1	9	2	0	0	5	0	G/B:1sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
04-14-2022	MAPLE PANCAKES ^	180	4	2	0	5	240	32	2	8	4	0	0	62	1	G/B:2sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Fruit Punch Juice	60	0	0	0	0	10	14	0	13	0	0	0	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-15-2022	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
04-18-2022	CINNAMON TOAST CRUNCH ^	120	2	0	0	0	160	22	3	6	1	300	4	60	2	G/B:1sv WG BW-LS
	Vanilla Waffle Square	110	5	1	0	0	45	18	1	9	2	0	0	5	0	G/B:1sv WG
	Dried Cranberries	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	Grape Juice	60	0	0	0	0	10	14	0	13	0	0	0	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-19-2022	APPLE FRUDEL ^	210	6	1	0	0	250	36	2	10	4	0	0	0	2	G/B:2sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Orange Juice	60	0	0	0	0	10	14	0	12	0	2	30	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-20-2022	DOUBLE CHOCOLATE MINI MUFFIN ^	123	3	1	0	18	74	20	2	8	2	31	0	3	1	G/B:1sv WG
	Mozzarella Cheese Stick	90	6	3	0	20	190	2	0	0	7	0	0	198	0	MMA:1oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-21-2022	EGG & CHEESE ON ENGLISH MUFFIN ^	210	8	4	0	132	300	24	2	2	12	0	0	134	2	MMA:1.75oz G/B:2sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Fruit Punch Juice	60	0	0	0	0	10	14	0	13	0	0	0	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-22-2022	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
04-25-2022	FROSTED CORN FLAKES ^	100	0	0	0	0	180	24	1	8	1	150	5	150	6	G/B:1sv WG
	Cherry Breakfast Bar ^	160	6	1	0	0	55	27	2	9	3	0	0	15	1	G/B:1.25sv WG
	Dried Cranberries	110	0	0	0	0	0	27	2	24	0	0	0	0	0	F:1/2c
	Orange Juice	60	0	0	0	0	10	14	0	12	0	2	30	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-26-2022	CHICKEN BISCUIT ^	245	8	1	0	12	465	33	4	5	12	0	0	68	2	MMA:1oz G/B:2.25sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
	Grape Juice	60	0	0	0	0	10	14	0	13	0	0	0	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
04-27-2022	RICE CHEX^	100	0	0	0	0	250	24	1	2	2	100	6	100	9	G/B:1sv WG BW-LS
	Graham Crackers ^	90	2	0	0	0	100	17	1	4	2	0	0	10	1	G/B:1sv WG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-28-2022	STRAWBERRY PANCAKES ^	180	4	2	0	5	240	32	2	7	4	0	0	80	1	G/B:2sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c BW-PLANT
	Fruit Punch Juice	60	0	0	0	0	10	14	0	13	0	0	0	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-29-2022	BLUEBERRY MINI MUFFIN ^	118	3	0	0	18	74	20	2	8	2	34	1	5	1	G/B:1sv WG
	Mozzarella Cheese Stick	90	6	3	0	20	190	2	0	0	7	0	0	198	0	MMA:1oz
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other
 BeWell Types : BW-PLANT = Plant-Based BW-GF = Good Fat BW-LPP = Lean/Plant Protein BW-LS = Less Sugar
 BW-HF = High Fiber Food BW-PRO = Probiotics

Allergen Information: COMPASS ROSE ACADEMY (OUTER CIRCLE)

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
04-01-2022	GOLDEN GRAHAM CEREAL ^								X
	Vanilla Waffle Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							
04-04-2022	COCOA PUFFS ^								
	Strawberry Pancake Square ^		X					X	X
	Dried Cranberries								
	Fruit Punch Juice								
	Choice of Milk	X							
04-05-2022	APPLE FRUDEL ^	X						X	X
	Diced Peaches								
	Apple-Cranberry Juice								
	Choice of Milk	X							
04-06-2022	BLUEBERRY MINI MUFFIN ^	X	X					X	X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							
04-07-2022	BREAKFAST PIZZA BAGEL ^	X	X						X
	Fresh Banana								
	Orange Juice								
	Choice of Milk	X							
04-08-2022	STRAWBERRY YOGURT	X							
	Granola ^								
	Fresh Apple								
	Choice of Milk	X							
04-11-2022	APPLE CINNAMON CHEERIOS ^								
	Graham Crackers ^							X	X
	Dried Cranberries								
	Orange Juice								
	Choice of Milk	X							
04-12-2022	BEEF SAUSAGE SLIDER ^							X	X
	Diced Pears								
	Apple-Cranberry Juice								
	Choice of Milk	X							
04-13-2022	TRIX ^								
	Maple Breakfast Square ^		X					X	X
	Fresh Apple								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
04-14-2022	MAPLE PANCAKES ^	X	X					X	X
	Fresh Banana								
	Fruit Punch Juice								
	Choice of Milk	X							
04-15-2022	NO SCHOOL								
04-18-2022	CINNAMON TOAST CRUNCH ^							X	X
	Vanilla Waffle Square		X					X	X
	Dried Cranberries								
	Grape Juice								
	Choice of Milk	X							
04-19-2022	APPLE FRUDEL ^	X						X	X
	Diced Pears								
	Orange Juice								
	Choice of Milk	X							
04-20-2022	DOUBLE CHOCOLATE MINI MUFFIN ^	X	X					X	X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							
04-21-2022	EGG & CHEESE ON ENGLISH MUFFIN ^	X	X					X	X
	Fresh Banana								
	Fruit Punch Juice								
	Choice of Milk	X							
04-22-2022	NO SCHOOL								
04-25-2022	FROSTED CORN FLAKES ^								X
	Cherry Breakfast Bar ^							X	X
	Dried Cranberries								
	Orange Juice								
	Choice of Milk	X							
04-26-2022	CHICKEN BISCUIT ^	X						X	X
	Diced Peaches								
	Grape Juice								
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
04-27-2022	RICE CHEX ^								
	Graham Crackers ^							X	X
	Fresh Apple								
	Choice of Milk	X							
04-28-2022	STRAWBERRY PANCAKES ^	X	X					X	X
	Fresh Banana								
	Fruit Punch Juice								
	Choice of Milk	X							
04-29-2022	BLUEBERRY MINI MUFFIN ^	X	X					X	X
	Mozzarella Cheese Stick	X							
	Fresh Apple								
	Choice of Milk	X							