






Cardinal Wright Regional School January Nutritional Information

2010

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 New Year's Day No School	2
3	4 Calories: 325 Carbs: 29 Protein: 18	5 Calories: 295 Carbs: 27 Protein: 20	6 Calories: 280 Carbs: 24 Protein: 17	7 Calories: 320 Carbs: 24 Protein: 20	8 Calories: 235 Carbs: 26 Protein: 15	9 
10 Granola Breakfast Bar – 375 Calories	11 Calories: 325 Carbs: 29 Protein: 18	12 Calories: 350 Carbs: 32 Protein: 21	13 Calories: 265 Carbs: 24 Protein: 15	14 Calories: 320 Carbs: 24 Protein: 20	15 Calories: 235 Carbs: 26 Protein: 15	16
17 Teddy Grahams – 295 Calories	18 Dr. Martin Luther King Jr. Observance No School	19 Calories: 295 Carbs: 27 Protein: 20	20 Calories: 280 Carbs: 24 Protein: 17	21 Calories: 320 Carbs: 24 Protein: 20	22 Calories: 235 Carbs: 26 Protein: 15	23 
24 	25 Calories: 325 Carbs: 29 Protein: 18	26 Calories: 350 Carbs: 32 Protein: 21	27 Calories: 265 Carbs: 24 Protein: 15	28 Calories: 320 Carbs: 24 Protein: 20	29 Calories: 235 Carbs: 26 Protein: 15	30
31 Menu Listed On Reverse!	Feb 1 Calories: 325 Carbs: 29 Protein: 18	Feb 2 Calories: 295 Carbs: 27 Protein: 20	Feb 3 Calories: 280 Carbs: 24 Protein: 17	Feb 4 Calories: 320 Carbs: 24 Protein: 20	Feb 5 Mandatory Conferences No School	Feb 6