
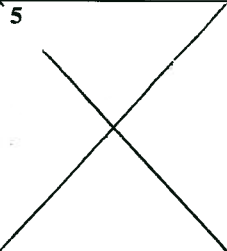




# Cardinal Wright Regional School February Nutritional Information

2010

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Jan 31 	1 <b>Calories: 325</b> <b>Carbs: 29</b> <b>Protein: 18</b>	2 <b>Calories: 295</b> <b>Carbs: 27</b> <b>Protein: 20</b>	3 <b>Calories: 280</b> <b>Carbs: 24</b> <b>Protein: 17</b>	4 <b>Calories: 320</b> <b>Carbs: 24</b> <b>Protein: 20</b>	5 	6
7 <i>Granola Breakfast Bar – 375 Calories</i>	8 <b>Calories: 325</b> <b>Carbs: 29</b> <b>Protein: 18</b>	9 <b>Calories: 350</b> <b>Carbs: 32</b> <b>Protein: 21</b>	10 <b>Calories: 265</b> <b>Carbs: 24</b> <b>Protein: 15</b>	11 <b>Calories: 320</b> <b>Carbs: 24</b> <b>Protein: 20</b>	12 <b>Calories: 235</b> <b>Carbs: 26</b> <b>Protein: 15</b>	13
14 <i>Teddy Grahams – 295 Calories</i>	15 <i>President's Day No School</i>	16 <b>Calories: 295</b> <b>Carbs: 27</b> <b>Protein: 20</b>	17 <b>Calories: 280</b> <b>Carbs: 24</b> <b>Protein: 17</b>	18 <b>Calories: 320</b> <b>Carbs: 24</b> <b>Protein: 20</b>	19 <b>Calories: 235</b> <b>Carbs: 26</b> <b>Protein: 15</b>	20 
21 	22 <b>Calories: 325</b> <b>Carbs: 29</b> <b>Protein: 18</b>	23 <b>Calories: 350</b> <b>Carbs: 32</b> <b>Protein: 21</b>	24 <b>Calories: 265</b> <b>Carbs: 24</b> <b>Protein: 15</b>	25 <b>Calories: 320</b> <b>Carbs: 24</b> <b>Protein: 20</b>	26 <b>Calories: 235</b> <b>Carbs: 26</b> <b>Protein: 15</b>	27
28 <i>Menu Listed On Reverse!</i>	March 1 <b>Calories: 325</b> <b>Cararbs 29</b> <b>Protein: 18</b>	March 2 <b>Calories: 295</b> <b>Carbs: 27</b> <b>Protein: 20</b>	March 3 <b>Calories: 280</b> <b>Carbs: 24</b> <b>Protein: 17</b>	March 4 <b>Calories: 320</b> <b>Carbs: 24</b> <b>Protein: 20</b>	March 5 <b>Calories: 235</b> <b>Carbs: 26</b> <b>Protein: 15</b>	March 6 