

ELEMENTARY BREAKFAST CARB COUNT

BREAKFAST – 1.85 ADULT - \$2.30
LUNCH - \$2.75 ADULT - \$4.00
MILK - \$.60

Juice 4.23 oz. Sun Cups - apple (14g), Grape (20g) Orange (15g)

	December 30	December 31	January 1	January 2	January 3
CHOICE 1	WG Maple Mini Pancakes (37g) Syrup (43g)	Sausage Breakfast Pizza (28.7g)	Bacon, Egg & Cheese on WG Muffin Bacon (0g) Egg (3g) Cheese (2g) WG Muffin (24g)	WG Pop Tart Strawberry or chocolate (38g) Brown Sugar (35g)	WG Cinnamon Roll (22g)
CHOICE 2	Assorted Cereal w/ Cheese Stix or Yogurt Cocoa Puffs (25g) Cinnamon Toast Crunch (22g) Cocoa Krispies (28 g) Reese’s Puff (21g) Lucky Charms (23g) Apple Jacks (24g) Cheese Stick(1g) Yoplait 4 oz. (16g)	Assorted Cereal w/ Cheese Stix or Yogurt	Assorted Cereal w/ Cheese Stix or Yogurt	Assorted Cereal w/ Cheese Stix or Yogurt	Assorted Cereal w/ Cheese Stix or Yogurt

	January 6	January 7	January 8	January 9	January 10
CHOICE 1	WG French Toast Sticks (24g) Syrup (43g)	WG Assorted Muffin Apple Cinnamon (30g) Banana Muffin (30g) Blueberry (30) Chocolate Chip (32g)	Egg, Cheese on WG Biscuit (16g) Egg (3g) Cheese (2g) Biscuit (13g)	Yogurt Parfait w/ Granola Upstate Farms vanilla Yogurt (44g) Granola (20 g)	Assorted Frudel (36g) Apple (36g) Cherry (37g)
CHOICE 2	Assorted Cereal w/ Cheese Stix or Yogurt	Assorted Cereal w/ Cheese Stix or Yogurt	Assorted Cereal w/ Cheese Stix or Yogurt	Assorted Cereal w/ Cheese Stix or Yogurt	Assorted Cereal w/ Cheese Stix or Yogurt

	January 13	January 14	January 15	January 16	January 17
CHOICE 1	WG Mini Pancakes Pancakes (37g) Syrup (43g)	Bacon Pizza Scramble (26.2)	Bacon, Egg & Cheese on WG Muffin Bacon (0g) Egg (3g) Cheese (2g) WG Muffin (24g)	WG Pop Tart Strawberry or chocolate (38g) Brown Sugar (35g)	WG Cinnamon Roll (22g)
CHOICE 2	Assorted Cereal w/ Cheese Stix or Yogurt	Assorted Cereal w/ Cheese Stix or Yogurt	Assorted Cereal w/ Cheese Stix or Yogurt	Assorted Cereal w/ Cheese Stix or Yogurt	Assorted Cereal w/ Cheese Stix or Yogurt

	January 20	January 21	January 22	January 23	January 24
CHOICE 1	WG French Toast Sticks (24g) Syrup (43g)	WG Assorted Muffin Apple Cinnamon (30g) Banana Muffin (30g) Blueberry (30) Chocolate Chip (32g)	Sausage, Egg and Cheese on WG Biscuit Sausage (0g) Egg (3g) Cheese (2g) Biscuit (13g)	Strawberry/ Banana Smoothie w/ Graham Crackers Yoplait Low Fat Vanilla Yogurt – 31g Nabisco Graham crackers – 16g	Assorted Frudel Assorted Frudel (36g) Apple (36g) Cherry (37g)
CHOICE 2	Assorted Cereal w/ Cheese Stix or Yogurt	Assorted Cereal w/ Cheese Stix or Yogurt	Assorted Cereal w/ Cheese Stix or Yogurt	Assorted Cereal w/ Cheese Stix or Yogurt	Assorted Cereal w/ Cheese Stix or Yogurt