



**SECONDARY BREAKFAST  
CARB COUNT**

**BREAKFAST – 1.85    ADULT - \$2.30  
LUNCH - \$3.00        ADULT - \$4.00  
MILK - \$.60**

JUICE OPTIONS	GRAB AND GO BREAKFAST OPTIONS	
Capri Sun – Apple Juice – 20g	BeneFit Oatmeal Chocolate Chip Bar – 47g	Yoplait 4 oz yogurt – 15g
Capri Sun – Fruit Punch – 21g	BeneFit Apple Blueberry Chip Bar – 48g	Upstate Farms 8oz Yogurt – Peach – 38g
Capri Sun – Berry Juice – 21g	Nutri Grain Bars – Apple, Blueberry Strawberry – 30g	Upstate Farms 8 oz Yogurt – Straw/Ban – 37g
Juicy Juice 4.23 oz.- Apple – 15g	General Mills Cereal Bars – 30g	Cinnamon Toast Crunch – 22g
Juicy Juice – 4.23 oz -. Fruit Punch – 15g	Kellogg’s Pop-tarts (2pack) – 76g	Cocoa Puffs -25g
	Muffins – 2 oz – 27g / 4 oz – 61g	Cocoa Krispies – 28g
Sun Cups – 6.75 oz. Fruit Punch, Grape, Berry – 33g	Strudel – Apple – 36g/ Cherry – 37g	Reese’s Puff (21g)
		Lucky Charms (23g)
		Apple Jacks (24g)

	December 30	December 31	January 1	January 2	January 3
<b>CHOICE 1</b>	French Toast Sticks French Toast Sticks (Feeser’s) (24g) Syrup (43g)	Omelet Station Egg (3g) Sausage (0g) Bacon ( 1g)	Breakfast Sandwich Egg (3g) Sausage (0g) Bacon ( 1g) American Cheese (2g) Baker’s craft English Muffin (21g)  Smoothies Yogurt Blend – 31g	Omelet Station Egg (3g) Sausage (0g) Bacon ( 1g)	Breakfast Pizza – Sausage (28.7g)   Smoothies Yogurt Blend – 31g
<b>CHOICE 2</b>	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast

STUDENTS HAVE A CHOICE OF 2 FRUITS. (ONLY 1 FRUIT CHOICE CAN BE A JUICE)      ASSORTED MILK DAILY

	January 6	January 7	January 8	January 9	January 10
<b>CHOICE 1</b>	Mini Pancakes Pillsbury Mini Pancakes (37g) Syrup (43g)	Omelet Station Egg (3g) Sausage (0g) Bacon ( 1g)	Breakfast Sandwich Egg (3g) Sausage (0g) Bacon ( 1g) American Cheese (2g) Baker’s craft English Muffin (21g)  Smoothies Yogurt Blend – 31g	Omelet Station Egg (3g) Sausage (0g) Bacon ( 1g)	Breakfast Pizza – Egg and Bacon (25g)   Smoothies Yogurt Blend – 31g
<b>CHOICE 2</b>	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast

	January 13	January 14	January 15	January 16	January 17
<b>CHOICE 1</b>	French Toast Sticks French Toast Sticks (Feeser’s) (24g) Syrup (43g)	Omelet Station Egg (3g) Sausage (0g) Bacon ( 1g)	Breakfast Sandwich Egg (3g) Sausage (0g) Bacon ( 1g) American Cheese (2g) Baker’s craft English Muffin (21g)	Omelet Station Egg (3g) Sausage (0g) Bacon ( 1g)	Breakfast Pizza – Sausage (28.7g)

<b>CHOICE 2</b>	Grab N Go Breakfast	Grab N Go Breakfast	Smoothies Yogurt Blend – 31g Grab N Go Breakfast	Grab N Go Breakfast	Smoothies Yogurt Blend – 31g Grab N Go Breakfast
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	<b>January 20</b>	<b>January 21</b>	<b>January 22</b>	<b>January 23</b>	<b>January 24</b>
<b>CHOICE 1</b>	Mini Pancakes Pillsbury Mini Pancakes (37g) Syrup (43g)	Omelet Station Egg (3g) Sausage (0g) Bacon ( 1g)	Breakfast Sandwich Egg (3g) Sausage (0g) Bacon ( 1g) American Cheese (2g) Baker’s craft English Muffin (21g)  Smoothies Yogurt Blend – 31g	Omelet Station Egg (3g) Sausage (0g) Bacon ( 1g)	Breakfast Pizza – Egg and Bacon (25g)   Smoothies Yogurt Blend – 31g
<b>CHOICE 2</b>	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast

STUDENTS HAVE A CHOICE OF 2 FRUITS. (ONLY 1 FRUIT CHOICE CAN BE A JUICE) ASSORTED MILK DAILY