

## 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)

	January 27	January 28	January 29	January 30	January 31
<b>CHOICE 1</b>	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)
<b>CHOICE 2</b>	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

	February 3	February 4	February 5	February 6	February 7
<b>CHOICE 1</b>	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)
<b>CHOICE 2</b>	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

	February 10	February 11	February 12	February 13	February 14
<b>CHOICE 1</b>	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)
<b>CHOICE 2</b>	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

	February 17	February 18	February 19	February 20	February 21
<b>CHOICE 1</b>	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)
<b>CHOICE 2</b>	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