



**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)

	January 27	January 28	January 29	January 30	January 31
CHOICE 1	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
CHOICE 2	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

	February 3	February 4	February 5	February 6	February 7
CHOICE 1	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
CHOICE 2	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast

	February 10	February 11	February 12	February 13	February 14
CHOICE 1	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)

CHOICE 2	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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	February 17	February 18	February 19	February 20	February 21
CHOICE 1	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
CHOICE 2	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