

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)

	October 28	October 29	October 30	October 31	November 1
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

	November 4	November 5	November 6	November 7	November 8
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

	November 11	November 12	November 13	November 14	November 15
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

	November 18	November 19	November 20	November 21	November 22
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