

# 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)

	March 1	March 2	March 3	March 4	March 5
<b>CHOICE 1</b>	WG French Toast Sticks (24g) Syrup (43g)	Mini Donuts Bake Crafters WG Choc. donuts 41 g	Sausage, Egg and Cheese on WG Biscuit Sausage (0g) Egg (3g) Cheese (2g) Biscuit (13g)	WG Pop Tart Strawberry or chocolate (38g) Brown Sugar (35g)	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

	March 8	March 9	March 10	March 11	March 12
<b>CHOICE 1</b>	WG Maple Mini Pancakes (37g) Syrup (43g)	WG Assorted Muffin Apple Cinnamon (30g) Banana Muffin ( 30g) Blueberry (30) Chocolate Chip (32g)	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

	March 15	March 16	March 17	March 18	March 19
<b>CHOICE 1</b>	WG French Toast Sticks (24g) Syrup (43g)	Mini Donuts Bake Crafters WG Choc. donuts 41 g	Sausage, Egg and Cheese on WG Biscuit Sausage (0g) Egg (3g) Cheese (2g) Biscuit (13g)	WG Pop Tart Strawberry or chocolate (38g) Brown Sugar (35g)	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

	March 22	March 23	March 24	March 25	March 26
<b>CHOICE 1</b>	WG Mini Pancakes Pancakes (37g) Syrup (43g)	WG Assorted Muffin Apple Cinnamon (30g) Banana Muffin ( 30g) Blueberry (30) Chocolate Chip (32g)	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