



MIDDLE SCHOOL BREAKFAST

CARB COUNT

BREAKFAST – 1.85

LUNCH - \$3.00

MILK - \$.60

ADULT - \$2.30

ADULT - \$4.00

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)

	March 1	March 2	March 3	March 4	March 5
CHOICE 1	French Toast Sticks French Toast Sticks (Feeser’s) (24g) Syrup (43g)	Mini Donuts Bake Crafters WG Choc. donuts 41 g		French Toast Sticks French Toast Sticks (Feeser’s) (24g) Syrup (43g)	Mini Donuts Bake Crafters WG Choc. donuts 41 g
CHOICE 2	Grab N Go Breakfast	Grab N Go Breakfast		Grab N Go Breakfast	Grab N Go Breakfast

	March 8	March 9	March 10	March 11	March 12
CHOICE 1	Mini Pancakes Pillsbury Mini Pancakes (37g) Syrup (43g)	WG Assorted Muffin Apple Cinnamon (30g) Banana Muffin (30g) Blueberry (30) Chocolate Chip (32g)		Mini Pancakes Pillsbury Mini Pancakes (37g) Syrup (43g)	WG Assorted Muffin Apple Cinnamon (30g) Banana Muffin (30g) Blueberry (30) Chocolate Chip (32g)
CHOICE 2	Grab N Go Breakfast	Grab N Go Breakfast		Grab N Go Breakfast	Grab N Go Breakfast

	March 15	March 16	March 17	March 18	March 19
CHOICE 1		French Toast Sticks French Toast Sticks (Feeser’s) (24g) Syrup (43g)	Mini Donuts Bake Crafters WG Choc. donuts 41 g	French Toast Sticks French Toast Sticks (Feeser’s) (24g) Syrup (43g)	Mini Donuts Bake Crafters WG Choc. donuts 41 g
CHOICE 2		Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast

	March 22	March 23	March 24	March 25	March 26
CHOICE 1	Mini Pancakes Pillsbury Mini Pancakes (37g) Syrup (43g)	WG Assorted Muffin Apple Cinnamon (30g) Banana Muffin (30g) Blueberry (30) Chocolate Chip (32g)		Pop Tarts Kelloggs Blueberry – 76g Chocolate Fudge – 76g Cinnamon – 76g Strawberry – 76g	WG Cinnamon Roll (22g)
CHOICE 2	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