

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)

	April 26	April 27	April 28	April 29	April 30
CHOICE 1	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)
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

	May 3	May 4	May 5	May 6	May 7
CHOICE 1	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)
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

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

	May 17	May 18	May 19	May 20	May 21
CHOICE 1	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)
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

	May 24	May 25	May 26	May 27	May 28
CHOICE 1	Cook's Choice	Cook's Choice	Cook's Choice	Cook's Choice	NO BREAKFAST
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	