



**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)

	October 28	October 29	October 30	October 31	November 1
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

	November 4	November 5	November 6	November 7	November 8
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

	November 11	November 12	November 13	November 14	November 15
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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	November 18	November 19	November 20	November 21	November 22
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