

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)

	November 25	November 26	November 27	November 28	November 29
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

	December 2	December 3	December 4	December 5	December 6
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

	December 9	December 10	December 11	December 12	December 13
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

	December 16	December 17	December 18	December 19	December 20
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