

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 29	March 30	March 31	April 1	April 2
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

	April 5	April 6	April 7	April 8	April 9
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

	April 12	April 13	April 14	April 15	April 16
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

	April 19	April 20	April 21	April 22	April 23
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