

BREAKFAST CARBOHYDRATE COUNT FOR K-8

Breakfast Menu: Chocolate Milk 23g White Milk 12g School Year 2018-2019

| | Week 1 | | | Week 3 | | | |
|-----------|--|--------------|---------------|---|--|---------|---------------|
| | Food Item | Carbs (g) | Serving size | | Food Item | arbs (g | Serving size |
| Monday | Cinnamon Twist | 39 | 1ea | Monday | Cinnamon Twist | 39 | 1ea |
| | Fruit Cup | 18 | 1ea | | Fruit Cup | 18 | 1ea |
| | Juice | 13 | 1 ea | | Juice | 13 | 1 ea |
| Tuesday | Choc Chip French Toast | 36 | 1 pkg | Tuesday | Choc Chip French Toast | 36 | 1 pkg |
| , | Fruit | 19 | 1 ea | , | Fruit | 19 | 1 ea |
| | Juice | 13 | 1 ea | | Juice | 13 | 1 ea |
| | Γ | | | | | | |
| Wednesday | Cereal | 22 | 1 pkg | Wednesday | Cereal | 22 | 1 pkg |
| | Cheese Stick | 0 | 1ea | | Cheese Stick | 0 | 1ea |
| | Raisins | 31 | 1 pkg | | Fruit | 19 | 1 ea |
| | Juice | 13 | 1 ea | | Juice | 13 | 1 ea |
| Thursday | Sausage, Egg & Cheese Slider | 20 | 1pkg | Thursday | Sausage, Egg & Cheese Slider | | 1 ea |
| | Applesauce | 22 | 1 ea | | Applesauce | 22 | 1 ea |
| | Juice | 13 | 1 ea | | Juice | 13 | 1 ea |
| | | | | | | | |
| Friday | Strawberry Pancakes | 42 | 1 pkg | Friday | Strawberry Pancakes | 42 | 1 pkg |
| | Fruit | 19 | 1 ea | | Fruit | 19 | 1 ea |
| | Juice | 13 | 1 ea | | Juice | 13 | 1 ea |
| | · 12 | | _ | _ | *** 1.4 | | |
| | Week 2 | | | | Week 4 | | |
| Monday | Banana Bread | 44 | 1 ea | Monday | Banana Bread | 44 | 1 ea |
| | Fruit Cup | 18 | 1ea | | Fruit Cup | 18 | 1 ea |
| | Juice | 13 | 1 ea | | Juice | 13 | 1 ea |
| Tuesday | Cinnamon French Toast | 35 | 1 pkg | Tuesday | Cinnamon French Toast | 35 | 1 pkg |
| | Fruit | 19 | 1 ea | | Fruit | 19 | 1 ea |
| | Juice | 13 | 1 ea | | Juice | 13 | 1 ea |
| Madaaadaa | Compa | 22 | 1 | Wadaaadaa | Canad | 22 | 1 |
| Wednesday | Cereal Cheese Stick | 22 0 | 1 pkg | Wednesday | Cheese Stick | 22 | 1 pkg |
| | | | 1ea | | | 31 | 1ea |
| | Raisins | 31 | 1 pkg | | Raisins | 13 | 1 pkg |
| | Juice | 13 | 1 ea | | Juice | 13 | 1 ea |
| Thursday | Bosco Stick-egg , Cheese, turkey bacon | 17 | 1 ea | Thursday | Bosco Stick-egg , Cheese, turkey bacon | 17 | 1 ea |
| | Applesauce | 22 | 1 ea | | Applesauce | 22 | 1 ea |
| | Juice | 13 | 1 ea | | Juice | 13 | 1 ea |
| Friday | Blueberry Pancake | 35 | 1 pkg | Friday | Blueberry Pancake | 35 | 1 pkg |
| riluay | Fruit | 19 | 1 pkg 1 ea | Filludy | Fruit | 19 | 1 pkg 1 ea |
| | Juice | 13 | 1 ea | | Juice | 13 | 1 ea |
| | valee | 13 | 1 60 | | yarec . | 13 | 1 60 |