



BREAKFAST CARBOHYDRATE COUNT FOR K-8

Breakfast Menu:

Chocolate Milk 23g

White Milk 12g

School Year 2018-2019

Week 1			
	Food Item	Carbs (g)	Serving size
Monday	Cinnamon Twist	39	1ea
	Fruit Cup	18	1ea
	Juice	13	1 ea
Tuesday	Choc Chip French Toast	36	1 pkg
	Fruit	19	1 ea
	Juice	13	1 ea
Wednesday	Cereal	22	1 pkg
	Cheese Stick	0	1ea
	Raisins	31	1 pkg
	Juice	13	1 ea
Thursday	Sausage, Egg & Cheese Slider	20	1pkg
	Applesauce	22	1 ea
	Juice	13	1 ea
Friday	Strawberry Pancakes	42	1 pkg
	Fruit	19	1 ea
	Juice	13	1 ea
Week 2			
Monday	Banana Bread	44	1 ea
	Fruit Cup	18	1ea
	Juice	13	1 ea
Tuesday	Cinnamon French Toast	35	1 pkg
	Fruit	19	1 ea
	Juice	13	1 ea
Wednesday	Cereal	22	1 pkg
	Cheese Stick	0	1ea
	Raisins	31	1 pkg
	Juice	13	1 ea
Thursday	Bosco Stick-egg , Cheese, turkey bacon	17	1 ea
	Applesauce	22	1 ea
	Juice	13	1 ea
Friday	Blueberry Pancake	35	1 pkg
	Fruit	19	1 ea
	Juice	13	1 ea

Week 3			
	Food Item	Carbs (g)	Serving size
Monday	Cinnamon Twist	39	1ea
	Fruit Cup	18	1ea
	Juice	13	1 ea
Tuesday	Choc Chip French Toast	36	1 pkg
	Fruit	19	1 ea
	Juice	13	1 ea
Wednesday	Cereal	22	1 pkg
	Cheese Stick	0	1ea
	Fruit	19	1 ea
	Juice	13	1 ea
Thursday	Sausage, Egg & Cheese Slider		1 ea
	Applesauce	22	1 ea
	Juice	13	1 ea
Friday	Strawberry Pancakes	42	1 pkg
	Fruit	19	1 ea
	Juice	13	1 ea
Week 4			
Monday	Banana Bread	44	1 ea
	Fruit Cup	18	1 ea
	Juice	13	1 ea
Tuesday	Cinnamon French Toast	35	1 pkg
	Fruit	19	1 ea
	Juice	13	1 ea
Wednesday	Cereal	22	1 pkg
	Cheese Stick	0	1ea
	Raisins	31	1 pkg
	Juice	13	1 ea
Thursday	Bosco Stick-egg , Cheese, turkey bacon	17	1 ea
	Applesauce	22	1 ea
	Juice	13	1 ea
Friday	Blueberry Pancake	35	1 pkg
	Fruit	19	1 ea
	Juice	13	1 ea