



<i>Breakfast</i>	<i>Portion Size</i>	<i>Calories</i>	<i>Carbs</i>
Cereal – Apple Jacks	.7oz Bowl Pack	70	17
Cereal – Cinn.Toast Crunch	1oz Bowl Pack	110	22
Cereal – Cocoa Puffs	.88oz Bowl Pack	90	20
Cereal – Fruit Loops	.67oz Bowl Pack	70	16
Cereal – Frosted Flakes WG	1oz Bowl Pack	100	24
Cereal – Cheerios	.7oz Bowl Pack	70	14
Milk – Skim	8oz Carton	80	12
Milk – 1% Lowfat	8oz Carton	100	12
Milk – Skim Chocolate	8oz Carton	130	23
Orange Juice	4 oz	55	14.4
Apple Juice	4 oz	57	14.5
Grape Juice	4 oz	77	19
Apple	1 Small Apple	65	17
Banana	1 Petite Banana	98	26.67
Orange	1 Small Orange	68	16.04
Applesauce	½ Cup	63	15.88
Peaches	½ Cup	60	14
Pears	½ Cup	70	18
Mandarin Oranges	½ Cup	90	20
Pineapple Chunks	½ Cup	90	21
Mixed Fruit	½ Cup	60	15
String Cheese	1oz	60	1
Yogurt	4oz	100	20
Nutrigrain Bar	1.31 oz	120	24
Granola Bars	1.56 oz	190	29
Teddy Grahams	1 pkg	120	21
PopTart, WG	1 Pastry	180	37
PB & J Jamwich	2.8 oz Sandwich	330	34
Mini Filled Bagel	2.43 oz	230	41
Bagel	2 oz	150	31
Bagel Toppings:	5gm	36.6	0
Butter Whipped	1 TBSP	50	13
Jelly, Grape	1 TBSP	100	3.5
Peanut Butter	.75oz	120	5
Cream Cheese, Light	.75oz	45	2
Mini Pancakes	3.17 oz Package	220	39
Mini Cinnis	2.29 oz Package	240	40

Breakfast Meal \$ 1.60
Reduced \$.25

MENU SUBJECT TO CHANGE

All Grains are Whole Grain Rich

Assorted Cereal, Skim & Lowfat Milk, Fresh & Canned Fruit,
 Muffin, Yogurt, String Cheese, Granola Bars, Pop Tarts
 PB & J Jamwich & Bagels available daily.

An Alternate Hot Breakfast Will Be Available on Tuesdays & Thursdays.

<i>Item</i>	<i>Portion Size</i>	<i>Calories</i>	<i>Carbs</i>
Pancakes w/ Syrup	2.28oz	373	83.34
Egg & Cheese on Soft Roll	Sandwich	186	18.06
Turkey Sausage	1.025 oz	60	0
Canadian Bacon	.76 oz	35	0
French Toast Sticks & Syrup	3/.97 oz	324	54.63

APRIL 2017				
Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Pancakes w/ Syrup Sausage Patty	5	6 Breakfast Bacon Pizza	7
10 NO SCHOOL	11 NO SCHOOL	12 NO SCHOOL	13 NO SCHOOL	14 NO SCHOOL
17	18 French Toast Sticks w/Syrup & Canadian Bacon	19	20 Egg, Canadian Bacon & Cheese on Roll	21
24	25 Pancakes w/ Syrup Sausage Patty	26	27 Cheese Omelet Hashbrown	28

