



FALL

Breakfast Carb menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																
Yogurt parfait (8oz) 39g Danimals 4 oz 16g Granola 1 pk 20g	F. T Mini, 1 pk 35g F T Sticks, 3 each 22g F.T.Cinnamon 1 ea 35g	Cinnamon Roll 1 ea 60g Cheese Stick 1 ea	Egg 1 ea 1g Sausage 1 ea 0g WG Bagel 1ea 29g	Pancakes 3 ea 41g Mini Pancak 1 pk 35g Sausage (2) 0g																
Pancake on a Stick 1 18g	Mini Waffles- 1 pk 37g Waffle Sticks 3 ea 40g Waffle Square) 2 ea 27g	Cinnamon Roll 1 ea 60g Cheese Stick 1 ea	Scrambled Eggs ½ c 1g Mini Muffin 1ea 28g	Breakfast Pizza 1 sl 26g Breakfast Burrito 1ea 25g																
Juice apple or orange 15g Choloate Milk 20g Strawberry milk 22g White Milk 11g Surup 31g Suger free Syurp 4g		Pop tart 1 ct 38g 2 ct 75g		<table border="1"> <tr><td>hot cereal</td><td>1 pk</td></tr> <tr><td>cinnamon toast crunch</td><td>22 g</td></tr> <tr><td>Trix</td><td>24g</td></tr> </table>	hot cereal	1 pk	cinnamon toast crunch	22 g	Trix	24g										
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