



# FALL 17-18

## Northview Breakfast (and Carb) Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b> Yogurt Cup w/ Granola  Fruit or Juice Milk	WG French Toast - (Mini, Sticks, or Cinnamon)  Fruit or Juice Milk	Cinnamon Roll w/ Cheese Stick  Fruit or Juice Milk	Egg and Sausage on WG Bagel  Fruit or Juice Milk	WG Pancakes w/ Sausage  Fruit or Juice Milk
<b>Week 2</b> Pancake on A Stick  Fruit or Juice Milk	WG Waffles- (Mini, Sticks, or Square)  Fruit or Juice Milk	Cinnamon Roll w/ Cheese Stick  Fruit or Juice Milk	Scrambled Eggs w/ WG Mini Muffin  Fruit or Juice Milk	WG Breakfast Pizza  Fruit or Juice Milk
Juice apple or orange 15g Choloate Milk 20g Strawberry milk 22g White Milk 11g	<b>Syrup 31g</b> <b>Sugar free Syrup 4g</b>			Apple Jacks 24g Choco Puffs 25g Fruit Loop 24g Cheerios 20g Frosted Flakes 25g Golden Grahams 24g Lucky Charms 23g Cinnamon Toast Crunch 22g Trix 24g
<b>Week 1</b> Yogurt Plain (4oz) 19.5g Danimals 4 oz 16g Granola 1 pk 20g	F. T Mini, 1 pk 35g FT Sticks, 3 each 22g F.T.Cinnamon 1 ea 35g	Cinnamon Roll 1 ea 60g Cheese Stick 1g	Egg 1 ea 1g Sausage 1 ea 0g WG Bagel 1ea 29g	Pancakes 3 ea 41g Mini Pancak 1 pk 35g  Sausage (2) 0g
<b>Week 2</b> 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 1g	Scrambled Eggs ½ c 1g Mini Muffin 1ea 28g	Breakfast Pizza slice 26 g

### News

**Every Day options for Breakfast include:**  
 WG Pop Tart or  
 Cereal Bar w/ Cheese Stick  
 Oatmeal with Raisins  
 or Fresh Fruit,  
 Cold Cereal w/Cheese Stick  
 Banana or Chocolate Bread

Pop tart 1 ct 38g  
 2 ct 75 g

Cereal Bar 30g

Cheese Stick 1g

Oatmeal 32g  
 Raisins 1 box= 31g

Banana Bread 44g

WG Donut 30g  
 w/ frosting 42.50g

Oatmeal Bar 24g

Nutrigrain Bar Blueberry 30g  
 Nutrigrain apple or straw 23g  
 Graham cracker 11g  
 Frudels 36g  
 UBR cookie 43g