

Breakfast Carb Numbers

Monday		everyday	
(Bagged) Pancakes all	35g	Hot Oatmeal	32g
(Bagged) French Toast	35g	Oatmeal Bars	
(Bagged) Waffles	36g	blueberry nutibar	30g
sausage	0g	choco chip & double choco	24g
		Nature Valley Granola	29g
		Straw or Apple Oatmeal	23g
Raisins	31g	Juice apple or Orange	15g
Syrup	31g	strawberry milk	22g
Sugar free syrup	4g	chocolate	20g
<u>Cheesestick</u>	2g	White milk	11g
tues			
Apple Cinnamon Bosco Stick	38g	Cold Cereal	
Blueberry Cinnamon Stick	23g	apple jacks	24g
Pancake on a stick	18g	Cheerios	20g
Banana Bread	44g	cinnamon toast	22g
Frudel	Apple	coco puffs	25g
	(cherry)	fruit loops	24g
		Honey Nut Cheerios	22g
Sausage	0g	lucky charms	23g
		Trix	24g
Wednesday			
Super Cinnamon Roll (w 1 oz Icing)	88g	Yogurt	14g
		W Granola	20g
Thurs			
Scrambled Egg	2g	Cereal Bars	
Egg & Cheese Sandwich	30g	trix	30g
Egg Omelet Wrap	15g	golden Graham	30g
Chocolate Muffin	27g	cinnamon toast	30g
Blueberry muffin	30g	coco puffs	30g

Friday

Whole Grain Donut	30g	30g	Pop Tarts		
	w frosting	58g	all flavors (1ct)	38g	
WG Donut holes			all flavors (2ct)	76g	
Fruits					
fruit cocktail	1/2 cup	14g	cucumber slices	1/2 cup	1g
Mandarin oranges	1/2 cup	20g	tomatoes	1/2 cup	4g
Peaches	1/2 cup	14g	sugar peas	1/2 cup	3g
Pears	1/2 cup	17g	baby carrots	1 pack	7g
Pinapples	1/2 cup	18g	caelery sticks	1/2 cup	2g
Raisins	1 box	31g	broccoli	1/2 cup	6g
Applesauce cups	1/2 cup	17g	cauliflower	1/2 cup	3g
(Mixed fruit cups)	1/2 cup	21g	cole slaw	1/2 cup	6g
Mixed berries	1/2 cup	17g			
Diced Starawberries	1/2 cup	7g			
Hashbrown	1 each	13g			
Apple	1each	19g			
Banana	1 each	27g			
Starwberries	1/2 cup	6 g			
blackberries	1/2 cup	7g			
Pear	1/2 cup	26g			
orange	1/2 cup	18g			
apple slices	1pk	7g			