

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
		Juice apple or Orange	15g
Raisins	31g	strawberry milk	22g
Syrup	31g	chocolate	20g
Sugar free syrup	4g	White milk	11g
<u>Cheesestick</u>	<u>2g</u>		
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	36g	coco puffs	25g
(cherry)	37g	fruit loops	24g
Sausage	0g	Honey Nut Cheerios	22g
		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
w frosting 58g
WG Donut holes

Pop Tarts
all flavors (1ct) 38g
all flavors (2ct) 76g

Fruits

fruit cocktail 1/2 cup 14g
Mandarin oranges 1/2 cup 20g
Peaches 1/2 cup 14g
Pears 1/2 cup 17g
Pinapples 1/2 cup 18g
Raisins 1 box 31g
Applesauce cups 1/2 cup 17g
(**Mixed fruit cups**) 1/2 cup 21g
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

cucumber slices 1/2 cup 1g
tomatoes 1/2 cup 4g
sugar peas 1/2 cup 3g
baby carrots 1 pack 7g
caelery sticks 1/2 cup 2g
broccoli 1/2 cup 6g
cauliflower 1/2 cup 3g
cole slaw 1/2 cup 6g