

Breakfast in the Classroom

Carb Counts Cycle 1 2017-18 School Year

Monday 9-11, 10-2, 10-23, 11-13

	Portion Size	Carb (g)
990091 French Toast Sticks IW	Each	28.00
000245 Fresh Fruit	1 serving	16.47
000246 Fruit Juice, Assorted	4 oz serving	14.60
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Tuesday 8-22 First Day, 9-12, 10-3, 10-24, 11-14

	Portion Size	Carb (g)
001325 Egg & Cheese Sandwich	Each	20.00
000245 Fresh Fruit	1 serving	16.47
000246 Fruit Juice, Assorted	4 oz serving	14.60
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Wednesday 8-23, 9-13, 10-4, 10-25, 11-15

	Portion Size	Carb (g)
001371 Sausage Pancake	Each	25.00
000245 Fresh Fruit	1 serving	16.47
000246 Fruit Juice, Assorted	4 oz serving	14.60
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Thursday 8-24, 9-14, 10-5, 10-26, 11-16

	Portion Size	Carb (g)
001278 Banana Bread Slice	Each	44.00
000245 Fresh Fruit	1 serving	16.47
000246 Fruit Juice, Assorted	4 oz serving	14.60
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Friday 8-25, 9-15, 10-6, 10-27, 11-17

	Portion Size	Carb (g)
001010 Yogurt	4 oz	16.00
000233 Graham Crackers	1 pkg	17.00
000245 Fresh Fruit	1 serving	16.47

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000246 Fruit Juice, Assorted	4 oz serving	14.60
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Monday 8-28, 9-18, 10-9, 10-30, 11-20

	Portion Size	Carb (g)
990090 Peach Biscuit	1 Biscuit	31.00
000245 Fresh Fruit	1 serving	16.47
000246 Fruit Juice, Assorted	4 oz serving	14.60
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Tuesday 8-29, 9-19, 10-10, 10-31, 11-21

	Portion Size	Carb (g)
990092 Egg and Cheese Frittata Wrap	Each	15.00
000245 Fresh Fruit	1 serving	16.47
000246 Fruit Juice, Assorted	4 oz serving	14.60
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Wednesday 8-30, 9-20, 10-11, 11-1, 11-22 HOLIDAY

	Portion Size	Carb (g)
001285 Cinnamon Roll	1 Roll	38.00
000245 Fresh Fruit	1 serving	16.47
000246 Fruit Juice, Assorted	4 oz serving	14.60
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Thursday 8-31, 9-21, 10-12, 11-2, 11-23 HOLIDAY

	Portion Size	Carb (g)
001380 Mini Pancakes	each	37.00
000245 Fresh Fruit	1 serving	16.47
000246 Fruit Juice, Assorted	4 oz serving	14.60
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Friday 9-1, 9-22, 10-13, 11-3, 11-24 HOLIDAY

	Portion Size	Carb (g)
001369 Sausage Bagel	Each	30.00

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000245 Fresh Fruit	1 serving	16.47
000246 Fruit Juice, Assorted	4 oz serving	14.60
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Monday 9-4 HOLIDAY, 9-25, 10-16, 11-6, 11-27

	Portion Size	Carb (g)
001378 Cheddar Cheese Omelet	Each	1.00
000233 Graham Crackers	1 pkg	17.00
000245 Fresh Fruit	1 serving	16.47
000246 Fruit Juice, Assorted	4 oz serving	14.60
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Tuesday 9-5, 9-26, 10-17, 11-7, 11-28

	Portion Size	Carb (g)
001285 Cinnamon Roll	1 Roll	38.00
000245 Fresh Fruit	1 serving	16.47
000246 Fruit Juice, Assorted	4 oz serving	14.60
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Wednesday 9-6, 9-27, 10-18, 11-8, 11-29

	Portion Size	Carb (g)
990042 Breakfast Pizza, BIC IW	EACH	31.00
000245 Fresh Fruit	1 serving	16.47
000246 Fruit Juice, Assorted	4 oz serving	14.60
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Thursday 9-7, 9-28, 10-19 No School, 11-9, 11-30

	Portion Size	Carb (g)
990032 Muffins	each	41.50
000245 Fresh Fruit	1 serving	16.47
000246 Fruit Juice, Assorted	4 oz serving	14.60
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Friday 9-8, 9-29, 10-20 No School, 11-10

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	Portion Size	Carb (g)
001380 Mini Pancakes	each	37.00
000245 Fresh Fruit	1 serving	16.47
000246 Fruit Juice, Assorted	4 oz serving	14.60
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00