Middle/ High Breakfast Menu Cycle 3

menu date	recipe description	portion size	carbohydrate (g)
Monday	Pancakes Whole Grain	2 pancakes	27.3
	Syrup, Pancake SS Cup	1 packet	30.0
	Cereal, Assorted	1 cereal pack	23.1
	Toast	1 slice	15.0
	Yogurt Parfait	1 EACH	73.2
	Chicken Biscuit	1 biscuit	36.0
	Cinnamon Roll- Hadley Farms	1 Roll	38.0
	Banana Bread Slice	Each	44.0
	Fruit- Assorted	1 serving	16.5
	Juice, 100% Fruit Assorted 4oz	4 oz serving	14.5
	Milk, Chocolate, Fat Free	8 oz.	20.0
	Milk, White Skim	1/2 pint	11.0
Tuesday	Grits	1/2 cup	14.3
	Scrambled Eggs	2 oz spoodle	0.0
	Cereal, Assorted	1 cereal pack	23.1
	Toast	1 slice	15.0
	Yogurt Parfait	1 EACH	73.2
	Sausage Biscuit	1 biscuit	29.0
	Cinnamon Roll- Hadley Farms	1 Roll	38.0
	Banana Bread Slice	Each	44.0
	Fruit- Assorted	1 serving	16.5
	Juice, 100% Fruit Assorted 4oz	4 oz serving	14.5
	Milk, Chocolate, Fat Free	8 oz.	20.0
	Milk, White Skim	1/2 pint	11.0
Wednesday	French Toast Sticks WG	3 sticks	36.0
	Syrup, Pancake SS Cup	1 packet	30.0
	Cereal, Assorted	1 cereal pack	23.1
	Toast	1 slice	15.0
	Yogurt Parfait	1 EACH	73.2
	Chicken Biscuit	1 biscuit	36.0
	Cinnamon Roll- Hadley Farms	1 Roll	38.0
	Banana Bread Slice	Each	44.0
	Fruit- Assorted	1 serving	16.5
	Juice, 100% Fruit Assorted 4oz	4 oz serving	14.5
	Milk, Chocolate, Fat Free	8 oz.	20.0
	Milk, White Skim	1/2 pint	11.0
Thursday	Breakfast Pizza	Each	26.0
	Cereal, Assorted	1 cereal pack	23.1
	Toast	1 slice	15.0
	Yogurt Parfait	1 EACH	73.2
	Egg & Cheese Biscuit	1 Biscuit	30.5
	Cinnamon Roll- Hadley Farms	1 Roll	38.0
	Banana Bread Slice	Each	44.0
	Fruit- Assorted	1 serving	16.5

	Juice, 100% Fruit Assorted 4oz	4 oz serving	14.5
	Milk, Chocolate, Fat Free	8 oz.	20.0
	Milk, White Skim	1/2 pint	11.0
Friday	Pancakes Whole Grain	2 pancakes	27.3
	Syrup, Pancake SS Cup	1 packet	30.0
	Cereal, Assorted	1 cereal pack	23.1
	Toast	1 slice	15.0
	Yogurt Parfait	1 EACH	73.2
	Chicken Biscuit	1 biscuit	36.0
	Cinnamon Roll- Hadley Farms	1 Roll	38.0
	Banana Bread Slice	Each	44.0
	Fruit- Assorted	1 serving	16.5
	Juice, 100% Fruit Assorted 4oz	4 oz serving	14.5
	Milk, Chocolate, Fat Free	8 oz.	20.0
	Milk, White Skim	1/2 pint	11.0