

Middle and High Breakfast

Carb Counts Cycle 1 2017-18 School Year

Monday 8-28, 9-4 HOLIDAY, 9-11, 9-18, 9-25, 10-2, 10-9, 10-16, 10-23, 10-30, 11-6, 11-13, 11-20, 11-27

	Portion Size	Carb (g)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
000245 Fresh Fruit	1 serving	16.47
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Tuesday 8-22 First Day, 8-29, 9-5, 9-12, 9-19, 9-26, 10-3, 10-10, 10-17, 10-24, 10-31, 11-7, 11-14, 11-21, 11-28

	Portion Size	Carb (g)
990089 Western Omelet	Each	2.00
000185 Cheese Grits	1/2 cup	14.30
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000015 Sausage Biscuit	1 biscuit	29.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00

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000245 Fresh Fruit	1 serving	16.47
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Wednesday 8-23, 8-30, 9-6, 9-13, 9-20, 9-27,10-4, 10-25, 10-11, 10-18, 11-1,11-8, 11-15, 11-22 HOLIDAY,11-29

	Portion Size	Carb (g)
001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
000245 Fresh Fruit	1 serving	16.47
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Thursday 8-24, 8-31, 9-7, 9-14, 9-21, 9-28, 10-5, 10-12, 10-19 No School, 10-26, 11-2, 11-9, 11-16, 11-30

	Portion Size	Carb (g)
000711 Breakfast Pizza	Each	26.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17

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000014 Egg & Cheese Biscuit	1 Biscuit	30.50
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
000245 Fresh Fruit	1 serving	16.47
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Friday 8-25, 9-1, 9-8, 9-15, 9-22, 9-29, 10-6, 10-13, 10-20 No School, 10-27, 11-3, 11-10, 11-17

	Portion Size	Carb (g)
990088 Sausage Omelet	Each	1.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
000245 Fresh Fruit	1 serving	16.47
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00