

Breakfast menu - Main Entree, Fruit and Milk

Main Entrees

- Breakfast Bread Slice (43-45g - carbs, 2g - Fiber)
- Bagel w/ cream cheese cup (37g - carbs, 4g - fiber)
- Maple Waffles (37g - carbs, 2g - Fiber)
- Breakfast Bagel (23g - carbs, 2g - fiber)
- Stuffed bagel -cinnamon cream cheese (41g - carbs, 3g - fiber)
- Uncrustable Grape (32g - carbs, 4g - fiber) OR Strawberry (32g - carbs, 4g - fiber)
- Pancake Sausage Sandwich (16g - carbs, 1g - Fiber)
- Blueberry pancakes (35g - carbs, 4g - fiber)
- Yogurt cup with Granola (40g - carbs, 2g - Fiber)
- Sausage , egg & cheese on whole grain english muffin (27g - carbs, 3g - fiber)
- Stuffed waffle - sausage, egg & cheese (23g - carbs, 1g - fiber)
- Breakfast burrito (24g - carbs, 3g - fiber)
- Stuffed bagel - strawberry cream cheese (42g - carbs, 2g - fiber)
- Yeast donut ring w/ icing & sprinkles (58g - carbs, 3g - fiber)

Assorted cereal

- Lucky Charms (47g - carbs, 4g - fiber)
- Cinnamon Toast Crunch (44g - carbs, 7g - fiber)
- Cocoa Puffs (47g - carbs, 3g - fiber)
- Apple Jacks (32g - carbs, 2g - fiber)
- Cheerios - Honey Nut (42g - carbs, 6g - fiber)
- Frosted Flakes (50g - carbs, 1g - fiber)

Assorted bars

Benefit bars

- Oatmeal Chocolate (47g - carbs, 3g - fiber)
- Banana chocolate chip (47g - carbs, 3g - fiber)
- French toast (47g - carbs, 3g - fiber)
- Celebration (47g - carbs, 3g - fiber)
- Cocoa Chip (46g - carbs, 4g - fiber)

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- Cocoa Cherry (33g - carbs, 2g - fiber)
- Birthday Cake (24g - carbs, 2g - fiber)

Assorted Poptarts

- Strawberry (73g - carbs, 6g - fiber)
- Fudge (73g - carbs, 6g - fiber)
- Cinnamon (73g - carbs, 6g - fiber)

Breakfast Sides

- Blueberry muffin (25g carbs, 1g - fiber)
- Apple muffin (24g carbs, 1g - fiber)

Assorted graham crackers

- Cinnamon Scooby Snacks (21g - carbs, 1g - fiber)
- Cinnamon "bug bites" (21g - carbs, 1g - fiber)
- Chocolate Scooby Snacks (20g - carbs, 2g - fiber)
- Graham Crackers (17g - carbs, 1g - Fiber)

Weekly fruits:

- Raisins (31g - carbs, 2g - fiber)
- Craisins (27g - carbs, 2g - fiber)
- Apples (15g - carbs, 3g - fiber)
- Oranges (15g - carbs, 3g - fiber)
- Bananas (27g - carbs, 3g - fiber)
- Pears (25g - carbs, 5g - fiber)
- Plums (8g - carbs, 1g - fiber)

Juice

- Apple (14g - carbs, 0g - fiber)
- Orange (13g - carbs, 0g - fiber)
- Grape (21g - carbs, 0g - fiber)
- Fruit Punch (14g - carbs, 0g - fiber)