

LR & MS Carbohydrate Cycle Breakfast 2015-16

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Sticks (3) - 36g	Breakfast Sandwich	Breakfast Pizza -28g	French Toast Sticks (3) - 36g	Pancakes
+	+	+	+	+
Fruit and/or Juice	Fruit and/or Juice	Fruit and/or Juice	Fruit and/or Juice	Fruit and/or Juice
+	+	+	+	+
Milk	Milk	Milk	Milk	Milk

Items offered daily

Milk

- Milk (fat free or 1%): 13g
- Chocolate milk: 20g
- Strawberry milk: 19g

Whole Grains

- BeneFIT Oatmeal Chocolate Chip Bars (2.5oz) - 47g
- Banana Bread (3.4 oz) - 53g
- Breakfast Buns (3 oz) - 48g
- Cinnamon Danish Twist (3.1 oz, 2pk) - 48g
- Cinnamon Roll (Hadley Farms) - 38g
- Muffin, Blueberry (4 oz) - 49g
- Muffin, Banana (4 oz) - 53g
- Muffin, Chocolate Chocolate (4 oz) - 48g

Tuesday Breakfast Sandwich

- Egg & Cheese Croissant- 27g
- Sausage, Egg & Cheese Croissant- 28g

Fruit:

- Apple slices (2oz) - 8g
- Apple, small - 13g
- Banana, 7" - 27g
- Orange, navel - 17g
- Juice, 100% Apple (4oz) - 13g
- Slush Puppie (4oz) - 15g

Whole Grain (cont.)

- Pop-Tarts, Frosted Cinnamon (2pk) - 75g
- Pop-Tarts, Frosted Fudge (2pk) - 76g
- Pop-Tarts, Frosted Strawberry (2pk) - 75g

Other Options:

- Fruit & Yogurt To-go - 84g
- Fruit & Yogurt Parfait - 62g
- Syrup (1.5oz) - 26g

Friday Pancakes

- Maple Burst - 40g
- Strawberry Splash - 42g

Any questions, concerns -- contact Kristen Feaga, nutritionist
FeagaKr@mtwp.net or 717-735-1721