



Arlene's May 2024 K-8 Breakfast Menu

<i>Carbs listed for each item in blue font</i>		1 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	2 Banana Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	3 Strawberry Pull Apart Bagel (2wg) 42 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
6 Berry Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	7 Choc Chip Muffin (2wg) 26 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	8 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	9 String Cheese & Choc Muffin Top (1wg) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	10 Super Breakfast Ring (2wg) 29 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
13 Banana/Choc Oatmeal Bar (2wg) 39 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	14 Corn Muffin (2wg) 36 Apple Chips (1/2c) 10 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	15 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	16 Lemon Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	17 Cinnamon Puff Pastry (2wg) 41 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
20 Berry Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	21 Super Breakfast Ring (2wg) 29 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	22 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	23 Bagel & CC (1m, 2wg) 27 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	24 Strawberry Pull Apart Bagel (2wg) 42 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
27 Memorial Day	28 Corn Muffin (2wg) 36 Apple Chips (1/2c) 10 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	29	30	31

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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