

CHILD NUTRITION DEPARTMENT
BECKY BAKER, DIRECTOR
591-3220

CARMAN-AINSWORTH ELEMENTARY
BREAKFAST
MENU

CYCLE MENU
SEPTEMBER - DECEMBER 2013

Mondays Tuesdays Wednesdays Thursdays Fridays

WEEK 9/3	Oatmeal Bar Choc. Chip 23	Cinnamon Texas Toast 33	Breakfast Pizza (Egg & Bacon) 23	Mini Maple Pancakes 40	Whole Grain Pop-Tart—Cinnamon or Strawberry 37
9/16	Fruit	Fruit	Fruit	100% Fruit Juice	w/ cheese stick 0
9/30	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	Milk	Fruit
10/14	Milk	Milk	Milk	Or	100% Fruit Juice
10/28	Or	Or	Or	Cereal Choices w/ Graham Crackers	Milk
11/11	Cereal Choices w/ Goldfish Grahams	Cereal Choices w/ Graham Crackers	Cereal Choices w/ Goldfish Grahams		Or
11/25					Cereal Choices w/
12/9					

WEEK 9/8	Sausage, Blueberry Pancake on Stick 25	Mini Cinnamon Rolls (2) 35	French Toast Sticks (3) 24	Egg & Cheese Burrito 28	Egg, Cheese, Sausage Muffin Sandwich 27
9/23	Fruit	Fruit	Fruit	100% Fruit Juice	Fruit
10/7	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	Milk	100% Fruit Juice
10/21	Milk	Milk	Milk	Or	Milk
11/4	Or	Or	Or	Cereal Choices w/ Goldfish Grahams	Or
11/18	Cereal Choices w/ Graham Sticks	Cereal Choices w/ Goldfish Graham	Cereal Choices w/ Graham Sticks		Cereal Choices w/
12/2					
12/16					

Student Price—\$1.25
Reduced - \$.30
Free to those who qualify

TWO WEEK CYCLE ROTATION

JUICE CARB COUNTS:

Apple—13
 Fruit Punch—13
 Grape—19
 Orange—13

1% White Milk—13
 FF Chocolate Milk—24

FRESH FRUIT CARB COUNTS: **CANNED FRUITS CARB COUNTS:** **CEREAL CARB COUNTS:** **Whole Grain Bowl Packs**

Apple, Red Del. 22	Applesauce Cups 16	Apple Jacks 24	Lucky Charms 23
Banana 18	Pears 20	Cheerios 17	Golden Grahams 24
Cantaloupe 1/2 Cup 7	Peaches 14	Cinnamon Toast Crunch 22	Tril 18
Grapes, Red 1/2 Cup 8	Pineapple 20	Cocoa Puffs 25	
Grapes, White 1/2 Cup 14	Tropical Fruit 15	Chocolate Mini Wheats 23	
Kiwi 10		Fruit Cheerios 26	
Orange 21	Graham Crackers 11	Frosted Flakes 24	
Pear 26	Graham Sticks 21	Frosted Mini Wheats 23	
Plum 8	Goldfish Grahams 19	Fruit Loops 24	
Strawberries (8) 12			
Watermelon 1/2 Cup 6			

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