

CARMAN-AINSWORTH HIGH
BREAKFAST
MENU

CYCLE MENU
SEPTEMBER - DECEMBER 2013

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

Mondays

Tuesdays

Wednesdays

Thursdays

Fridays

Bagels & Cream Cheese
 Cherry Frudel 36
 C/A Muffins,
 Egg,Sausage Cheese
 Pop Tarts 74
 100% Fruit Juice
 Fruit
 Milk

Cinnamon Texas Toast
 33
 Bagels & Cream Cheese
 Yogurt Parfaits 42 w/
 Muffin 27
 Pop Tart 74
 Fruit
 100% Fruit Juice
 Milk

Breakfast Pizza (Egg &
 Bacon) 23
 Bagels & Cream
 Cheese
 Apple Frudel 36
 Pop Tarts 74
 Fruit
 100% Fruit Juice
 Milk

C/A Muffins, Egg, Cheese
 Sausage
 Cherry Frudel
 Pop Tarts 74
 Fruit
 100% Fruit Juice
 Milk

Cinnamon Rolls
 Bagels & Cream
 Cheese
 Yogurt Parfaits 42 w/
 Muffin 27
 Pop Tarts 74
 Fruit
 100% Fruit Juice
 Milk

CEREAL CHOICES
 AVAILABLE DAILY:

YOU MAY HAVE 2 OF
 ANY KIND

JUICE CARB COUNTS:

Apple -13
 Fruit Punch—13
 Grape—19
 Orange -13
 1% White Milk—13
 FF Chocolate Milk—24

FRESH FRUIT CARB COUNTS:

Apple, Red Del. 22
 Banana 18
 Cantaloupe 1/2 Cup 7
 Grapes, Red 1/2 Cup 8
 Grapes, White 1/2 Cup 14
 Kiwi 10
 Orange 21
 Pear 26
 Plum 8
 Strawberries (8) 12
 Watermelon 1/2 Cup 6

CANNED FRUITS CARB COUNTS:

Applesauce Cups 16
 Pears 20
 Peaches 14
 Pineapple 20
 Tropical Fruit 15
 Graham Crackers 11
 Graham Sticks 21
 Goldfish Grahams 19

CEREAL CARB COUNTS: Whole Grain Bowl Packs

Apple Jacks 24
 Cheerios 17
 Cinnamon Toast Crunch 22
 Cocoa Puffs 25
 Chocolate Mini Wheats 23
 Fruit Cheerios 26
 Frosted Flakes 24
 Frosted Mini Wheats 23
 Fruit Loops 24
 Lucky Charms 23
 Golden Grahams 24
 Tril 18

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