

**CARMAN-AINSWORTH MIDDLE  
 SCHOOL  
 BREAKFAST  
 MENU**

**CYCLE MENU**  
 SEPTEMBER - DECEMBER 2013

**Mondays                      Tuesdays                      Wednesdays                      Thursdays                      Fridays**

WEEK 9/3	Whole Grain Pop-Tart—Cinnamon or Strawberry 27 w/c. stick 0	Cinnamon Texas Toast 33	Breakfast Pizza (Egg & Bacon) 23	Mini Maple Pancakes 40	Sausage, Blueberry Pancake on Stick 25
9/16	Fruit	Fruit	Fruit	Fruit	Fruit
9/30	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
10/14	Milk	Milk	Milk	Or	Milk
10/28	Or	Or	Or	Cereal Choices w/ Graham Crackers	Or
11/11	Cereal Choices w	Cereal Choices w/ Graham Crackers	Cereal Choices w/ Goldfish Grahams		Cereal Choices w/ Graham Sticks
11/25					
12/9					

WEEK 9/8	Whole Grain Pop-Tart—Cinnamon or Strawberry 27 w/c. stick 0	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	Fruit	Fruit
10/7	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	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/	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			

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complain Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.