

May Elementary Breakfast Carb Count

Monday	Tuesday	Wednesday	Thursday	Friday
			5-1 Mini Pancakes 36 Trix Cereal Bar 29 & Yogurt 14 Clementine 9	5-2 Snack N' Waffle 30 Apple Jacks 24 & Yogurt 14 Raisins 25
5-5 Lucky Charms 23 & String Cheese 0 Cinni Minis 39 Berry Applesauce Cup 17	5-6 Honey Cheerios 24 & Yogurt 14 Dark CC Benefit Bar 48 Diced Pear Cup 16	5-7 Empanada 17 Froot Loops 24 & String Cheese 0 Apple Slices 7	5-8 Pumpkin Bread 44 Cinnamon Toast Bar 30 & Yogurt 14 Banana 31	5-9 Mini French Toast 19 Apple Jacks 24 & String Cheese 0 Raisins 25
5-12 Froot Loops 24 & String Cheese 0 Double CC Muffin 52 Cinnamon Applesauce 17	5-13 Cocoa Cherry Bar 33 & Yogurt 14 Oatmeal Cinnamon Bun 39 Diced Pineapple 15	5-14 Cinnamon Toast Pastry 40 Lucky Charms 23 & String Cheese 0 Apple Slices 7	5-15 Mini Pancakes 36 Celebration Benefit Bar 47 Diced Pear Cup 16	5-16 Snack 'N Waffle 30 Apple jacks 24 & Yogurt 14 Raisins or Craisins
5-19 Lucky Charms 23 & String Cheese 0 Cinni Minis 39 Strawberry Applesauce 17	5-20 Honey Cheerios 24 & Yogurt 14 Oatmeal CC Benefit Bar 47 Mixed Fruit Cup 16	5-21 Empanada 17 Froot Loops 24 & String Cheese 0 Apple Slices 7	5-22 Banana Bread 44 Cocoa Puff Bar 30 & Yogurt 14 Diced Peach Cup 14	5-23