

October Elementary Grab 'n Go Breakfast Carb Count

Monday	Tuesday	Wednesday	Thursday	Friday
		10-1 Lucky Charms 22 & String Cheese 0 Apple Slices 7	10-2 Oatmeal Cinnamon Bun 35 Clementine 9	10-3 Apple Jacks 24 & Yogurt 12 Craisins 27
10-6 Cini Minis 41 Strawberry Applesauce 15	10-7 Oatmeal CC Benefit Bar 46 Mixed Fruit Cup 15	10-8 Froot Loops 24 & String Cheese 0 Apple Slices 7	10-9 Banana Bread 44 Banana 23	10-10 NO SCHOOL
10-13 BB Muffin 39 Applesauce Cup 14	10-14 Oatmeal Cinnamon Bun 39 Diced Peach Cup 14	10-15 Lucky Charms 22 & String Cheese 0 Apple Slices 7	10-16 NO SCHOOL	10-17 NO SCHOOL
9-22 Cini Minis 41 Berry Applesauce 14	9-26 Dark CC Benefit Bar 46 Diced Pear Cup 17	9-24 Froot Loops 24 & String Cheese 0 Apple Slices 7	9-25 Pumpkin Bread 44 Banana 23	9-26 Apple Jacks 24 & String Cheese 0 Craisins 27
9-29 DCC Muffin 40 Cinnamon Applesauce 14	9-30 Cocoa Cherry Bar 33 & Yogurt 12 Diced Pineapple Cup 15	9-3 Lucky Charms 22 & String Cheese 0 Apple Slices 7	9-4 Oatmeal Cinnamon Bun 35 Clementine 9	9-5 Apple Jacks 24 & Yogurt 12 Craisins 27
		Chocolate Milk 21 White Milk 12 Orange Juice 15		