

September Elementary Breakfast Carb Count

Monday	Tuesday	Wednesday	Thursday	Friday
9-1 Labor Day	9-2 NO SCHOOL	9-3 Cinnamon Toast Pastry 40 Lucky Charms 24 & String Cheese 0 Apple Slices 7	9-4 Mini Pancakes 36 Oatmeal Cinnamon Bun 39 Diced Peach Cup 14	9-5 Snack 'N Waffle 30 Apple Jacks 24 & Yogurt 14 Craisins 28
9-8 Lucky Charms 23 & String Cheese 0 Cini Minis 39 Strawberry Applesauce 17	9-9 Honey Cheerios 24 & Yogurt 14 Oatmeal CC Benefit Bar 48 Mixed Fruit Cup 16	9-10 Empanada 17 Froot Loops 24 & String Cheese 0 Apple Slices 7	9-11 Banana Bread 44 Cocoa Puff Bar 30 & Yogurt 14 Banana 31	9-12 Pancake Sausage Stick 16 Apple Jacks 23 & String Cheese 0 Craisins 28
9-15 Froot Loops 24 & String Cheese 0 BB Muffin 42 Applesauce Cup 17	9-16 Cocoa Cherry Bar 24 & Yogurt 14 Oatmeal Cinnamon Bun 39 Diced Peach Cup 14	9-17 Pancake Sausage Stick 16 Lucky Charms 23 & String Cheese 0 Apple Slices 7	9-18 Mini Pancakes 36 Trix Cereal Bar 30 & Yogurt 14 Clementine 9	9-19 Snack 'N Waffle 30 Apple jacks 24 & Yogurt 14 Craisins 28
9-22 Lucky Charms 23 & String Cheese 0 Cini Minis 39 Berry Applesauce 17	9-26 Honey Cheerios 24 & Yogurt 14 Dark CC Benefit Bar 48 Diced Pear Cup 16	9-24 Empanada 17 Froot Loops 24 & String Cheese 0 Apple Slices 7	9-25 Pumpkin Bread 44 Cinnamon Toast Bar 30 & Yogurt 14 Banana 31	9-26 Mini French Toast 36 Apple Jacks 23 & String Cheese 0 Craisins 28
9-29 Froot Loops 24 & String Cheese 0 DCC Muffin 52 Cinnamon Applesauce 17	9-30 Cocoa Cherry Bar 24 & Yogurt 14 Celebration Bar 47 Diced Pineapple Cup 15	Chocolate Milk 23 White Milk 13 Apple Juice 15		