

## September Grab 'n' Go Breakfast Carb Count

| Monday                                           | Tuesday                                                           | Wednesday                                                   | Thursday                                               | Friday                                                      |
|--------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------|--------------------------------------------------------|-------------------------------------------------------------|
| 9-1<br>Labor Day                                 | 9-2<br>NO SCHOOL                                                  | 9-3<br>Lucky Charms 24 & String Cheese 0<br>Apple Slices 7  | 9-4<br>Oatmeal Cinnamon Bun 39<br>Diced Peach Cup 14   | 9-5<br>Apple Jacks 24 & Yogurt 14<br>Craisins 28            |
| 9-8<br>Cini Minis 39<br>Strawberry Applesauce 17 | 9-9<br>Oatmeal CC Benefit Bar 48<br>Mixed Fruit Cup 16            | 9-10<br>Froot Loops 24 & String Cheese 0<br>Apple Slices 7  | 9-11<br>Banana Bread 44<br>Banana 31                   | 9-12<br><br>Apple Jacks 23 & String Cheese 0<br>Craisins 28 |
| 9-15<br>BB Muffin 42<br>Applesauce Cup 17        | 9-16<br>Oatmeal Cinnamon Bun 39<br>Diced Peach Cup 14             | 9-17<br>Lucky Charms 23 & String Cheese 0<br>Apple Slices 7 | 9-18<br>Trix Cereal Bar 30 & Yogurt 14<br>Clementine 9 | 9-19<br>Apple jacks 24 & Yogurt 14<br>Craisins 28           |
| 9-22<br>Cini Minis 39<br>Berry Applesauce 17     | 9-26<br>Dark CC Benefit Bar 48<br>Diced Pear Cup 16               | 9-24<br>Froot Loops 24 & String Cheese 0<br>Apple Slices 7  | 9-25<br>Pumpkin Bread 44<br>Banana 31                  | 9-26<br>Apple Jacks 23 & String Cheese 0<br>Craisins 28     |
| 9-29<br>DCC Muffin 52<br>Cinnamon Applesauce 17  | 9-30<br>Cocoa Cherry Bar 24 & Yogurt 14<br>Diced Pineapple Cup 15 | Chocolate Milk 23<br>White Milk 13<br>Apple Juice 15        |                                                        |                                                             |
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