

October Elementary Breakfast Carb Count

Monday	Tuesday	Wednesday	Thursday	Friday
		10-1 Cinnamon Toast Pastry 41 Lucky Charms 22 & String Cheese 0 Apple Slices 7	10-2 Mini Pancakes 35 Oatmeal Cinnamon Bun 35 Clementine 9	10-3 Snack 'N Waffle 37 Apple Jacks 24 & Yogurt 12 Craisins 27
10-6 Lucky Charms 22 & String Cheese 0 Cini Minis 41 Strawberry Applesauce 15	10-7 Honey Cheerios 22 & Yogurt 12 Oatmeal CC Benefit Bar 46 Mixed Fruit Cup 15	10-8 Empanada 17 Froot Loops 24 & String Cheese 0 Apple Slices 7	10-9 Banana Bread 44 Cocoa Puff Bar 29 & Yogurt 12 Banana 23	10-10 NO SCHOOL
10-13 Froot Loops 24 & String Cheese 0 BB Muffin 39 Applesauce Cup 14	10-14 Cocoa Cherry Bar 33 & Yogurt 12 Oatmeal Cinnamon Bun 35 Diced Peach Cup 14	10-15 Pancake Sausage Stick 16 Lucky Charms 22 & String Cheese 0 Apple Slices 7	10-16 NO SCHOOL	10-17 NO SCHOOL
10-20 Lucky Charms 22 & String Cheese 0 Cini Minis 41 Berry Applesauce 14	10-21 Honey Cheerios 22 & Yogurt 12 Dark CC Benefit Bar 46 Diced Pear Cup 17	10-22 Empanada 17 Froot Loops 24 & String Cheese 0 Apple Slices 7	10-23 Pumpkin Bread 43 Cinnamon Toast Bar 30 & Yogurt 12 Banana 23	10-24 Mini French Toast 38 Apple Jacks 24 & String Cheese 0 Craisins 27
10-27 Froot Loops 24 & String Cheese 0 DCC Muffin 40 Cinnamon Applesauce 14	10-28 Cocoa Cherry Bar 33 & Yogurt 12 Celebration Bar 47 Diced Pineapple Cup 15	10-29 Cinnamon Toast Pastry 41 Lucky Charms 22 & String Cheese 0 Apple Slices 7	10-30 Mini Pancakes 35 Oatmeal Cinnamon Bun 35 Clementine 9	10-31 Snack 'N Waffle 37 Apple Jacks 24 & Yogurt 12 Craisins 27
		Chocolate Milk 21 White Milk 12 Orange Juice 15		