

September GNG Breakfast Carb count

Monday	Tuesday	Wednesday	Thursday	Friday
9-2 Labor Day	9-3 NO SCHOOL	9-4 Lucky Charms 24 & String Cheese 0 Apple Slices 7	9-5 Celebration Benefit Bar 47 Diced Pineapple Cup 15	9-6 Apple jacks 24 & Yogurt 14 Raisins 25
9-9 Cinni Minis 39 Strawberry Applesauce 17	9-10 Oatmeal CC Benefit Bar 48 Mixed Fruit Cup 16	9-11 Froot Loops 24 & String Cheese 0 Apple Slices 7	9-12 Banana Bread 44 Banana 31	9-13 Apple Jacks 23 & String Cheese 0 Raisins 25
9-16 BB Muffin 42 Applesauce Cup 17	9-17 Oatmeal Cinnamon Bun 39 Diced Peach Cup 14	9-18 Lucky Charms 23 & String Cheese 0 Apple Slices 7	9-19 Trix Cereal Bar 30 & Yogurt 14 Clementine 9	9-20 Apple jacks 24 & Yogurt 14 Raisins 25
9-23 Cinni Minis 39 Berry Applesauce 17	9-24 Dark CC Benefit Bar 48 Diced Pear Cup 16	9-25 Froot Loops 24 & String Cheese 0 Apple Slices 7	9-26 Pumpkin Bread 44 Banana 31	9-27 Apple Jacks 23 & String Cheese 0 Raisins 25
9-30 DCC Muffin 52 Cinnamon Applesauce 17				