



Arlene's October 2023 K-8 Breakfast Menu

2 Cereal Bar (1wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 450 Sod 255 Sugar 58</i>	3 Super Breakfast Ring 29 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 430 Sod 195 Sugar 31</i>	4 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 470 Sod 255 Sugar 66</i>	5 Bagel & CC (1m, 2wg) 27 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 444 Sod 474 Sugar 37</i>	6 Choc Muffin Top (1wg) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 405 Sod 255 Sugar 48</i>
9 Berry Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 495 Sod 255 Sugar 66</i>	10 String Cheese & Grahams (1m,1wg) 13 Tree Top Apple Chips (1/2c) 10 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 405 Sod 340 Sugar 40</i>	11 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 470 Sod 255 Sugar 66</i>	12 Chocolate Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 470 Sod 255 Sugar 66</i>	13 Straw Pull Apart Bagel (2wg) 42 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 445 Sod 330 Sugar 47</i>
16 Poptart (1.25wg) 38 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 480 Sod 330 Sugar 66</i>	17 Super Breakfast Ring 29 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 430 Sod 195 Sugar 31</i>	18 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 470 Sod 255 Sugar 66</i>	19 Pumpkin Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 470 Sod 255 Sugar 66</i>	20 Cinnamon Puff Pastry (2wg) 41 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 475 Sod 430 Sugar 49</i>
23 Cereal Bar (1wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 450 Sod 255 Sugar 58</i>	24 Corn Muffin (2wg) 36 Apple Chips (1/2c) 10 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 445 Sod 330 Sugar 47</i>	25 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 470 Sod 255 Sugar 66</i>	26 Berry Muffin Top (1wg) 26 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 485 Sod 280 Sugar 56</i>	27 Berry Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 495 Sod 255 Sugar 66</i>
30 Poptart (1.25wg) 38 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 480 Sod 330 Sugar 66</i>	31 Super Breakfast Ring 29 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 430 Sod 195 Sugar 31</i>			<i>Carbs listed for each item in blue font</i>

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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