

August Elementary Breakfast Carb Count

Monday	Tuesday	Wednesday	Thursday	Friday
		6-13 Empanada 17 Honey Cheerios 24 & String Cheese 0 Apple Slices 7	6-14 Banana Bread 44 Cocoa Puff Bar 30 & Yogurt 14 Banana 31	6-15 Pancake Sausage Stick 16 Apple Jacks 24 & String Cheese 0 Craisins 27
6-18 Froot Loops 24 & String Cheese 0 Blueberry Muffin 42 Applesauce Cup 17	6-19 Cocoa Cherry Bar 33 & Yogurt 14 Oatmeal Cinnamon Bun 39 Diced Peach Cup 14	6-20 Pancake Sausage Stick 16 Lucky Charms 23 & String Cheese 0 Apple Slices 7	6-21 Mini Pancakes 36 Trix Bar 29 & Yogurt 14 Clementine 9	6-22 Snack 'N Waffle 30 Apple Jacks 24 & String Cheese 0 Craisins 27
6-25 Lucky Charms 23 String Cheese 0 Cini Minis 39 Berry Applesauce Cup 17	6-26 Honey Cheerios 24 & Yogurt 14 Dark CC Benefit Bar 48 Diced Pear Cup 16	6-27 Empanada 17 Froot Loops 24 & String Cheese 0 Apple Slices 7	6-28 Pumpkin Bread 44 Cinnamon Toast Bar 30 & Yogurt 14 Banana 31	6-29 Mini French Toast 19 Apple Jacks 24 & String Cheese 0 Craisins 27