

August Elementary Breakfast Grab 'n' Go Carb Count

Monday	Tuesday	Wednesday	Thursday	Friday
		8-13 Honey Cheerios 24 & String Cheese 0 Apple Slices 7	8-14 Banana Bread 44 Banana 31	8-15 Apple Jacks 24 & String Cheese 0 Craisins 27
8-18 Blueberry Muffin 42 Applesauce Cup 17	8-19 Oatmeal Cinnamon Bun 39 Diced Peach Cup 14	8-20 Lucky Charms 23 & String Cheese 0 Apple Slices 7	8-21 Trix Bar 29 & Yogurt 14 Clementine 9	8-22 Apple Jacks 24 & String Cheese 0 Craisins 27
8-25 Cini Minis 39 Berry Applesauce Cup 17	8-26 Dark CC Benefit Bar 48 Diced Pear Cup 16	8-27 Froot Loops 24 & String Cheese 0 Apple Slices 7	8-28 Pumpkin Bread 44 Banana 31	8-29 Apple Jacks 24 & String Cheese 0 Craisins 27