

2016-2017 BREAKFAST KITS

Allergen & Carbohydrate Information

- 1) Whole Grain Smart Choice Apple Muffin Top **27WESM**, Whole Grain Cinnamon Grahams **18WS**, Unsweetened Applesauce **14** (ES foods #61151)
- 2) Multigrain Cheerios, **23**, Whole Grain Pepperidge Farms Cheddar Goldfish Crackers **14WSM**
100% Fruit Juice **15** (ES Foods #61109)
- 3) Reduced Sugar, Whole Grain Cinnamon Toast Crunch **22WS**, Whole Grain Cinnamon Graham Crackers **18WS**, 100% Apple Juice **15** (ES Foods #61119)
- 4) Reduced Sugar, Whole Grain Trix Cereal **23**, Whole Grain Cinnamon Grahams **18WS**,
100% Fruit Juice **15** (ES Foods #61114)
- 5) Golden Grahams Cereal Bar **30W**, Honey Sunflower Seeds **8**, 100% Apple Juice **15** (Notables # 38102)
- 6) Cinnamon Toast Crunch Cereal Bar **30W**, Salted Sunflower Seeds **4**,
100% Orange Tangerine Juice **15** (Notables # 38101)
- 7) Whole Grain Rice Chex **24**, Honey Sunflower Seeds **8**, 100% Orange Tangerine Juice **15**
GLUTEN FREE KIT (Notables # 38099)
- 8) Reduced Sugar, Whole Grain Cinnamon Toast Crunch Cereal **22WS**, Whole Grain Honey Grahams **18WS**, Unsweetened Applesauce **14** (ES #61219)
- 9) Nutrigrain Cereal Bar Strawberry **29WMS**, Scooby Doo Whole Grain Graham Sticks **21WS**,
100% Fruit Juice **15**
- 10) Whole Grain Bagel **24WSE**, light cream cheese **0M**, String Cheese **<1M**, Cherry Craisins **28**
(ES Foods #61157)
- 11) Whole Grain Smart Choice Banana Muffin Breakfast **27WESM**,
Giant Cinnamon Goldfish Grahams **19WS**, Unsweetened Applesauce **14** (ES Foods #61156)
- 12) Reduced Sugar, Whole Grain Trix Cereal **23**,
Whole Grain Cinnamon Grahams **18WS**, 100% Fruit Juice (ES Foods #61114)
- 13) Team Cheerios Cereal Bar **30W**, Whole Grain Cinnamon Grahams **20W**,
100% Orange Tangerine Juice **15** (Notables # 38105)
- 14) Frosted Mini-Wheats **24W**, WG Cheese-It Crackers **14WSM**, 100% Fruit Juice **15**(ES Foods #61121)
- 15) Reduced Sugar, WG Golden Grahams Cereal **24W**, Whole Grain Oat Crunch Bar
(Maple Flavor) **25WSM**, 100% Apple Juice **15** (ES Foods #61115)

Other Items:

Raisins **30** gm carbohydrate & Fresh Sliced Apples **7** gm carbohydrate (no W/S/M/E) 2 oz pkg



All meals are served with choice of 1% Unflavored Milk **13M** or
Flavored Skim/Nonfat Milk (Chocolate **20 M** or Strawberry **19 M**)

Key: Grams of Carbohydrate are indicated by the number next to the item; Allergens: M=Milk/Dairy, S=Soy, E=Egg, W=Wheat/Gluten; All items are NUT & TRANS FAT FREE