DAILY CAFETERIA BREAKFAST MENU

“Build Your Own Breakfast!”

Allergen & Carbohydrate Information

GRAIN CHOICES: (Pick One)
- Assorted Whole Grain and Low Sugar Cereals
  varies, please see individual label
- Whole Wheat Bagel 1.8 oz bagel 30 gm/2.3 oz 38 gm WS
- Assorted Whole Grain Muffins 25 gm WSME
- Whole Grain Cereal Bar 30 gm WSM (Nutrigrain bar)
- Whole Grain Graham Crackers (3/pack) 21 gm WS
- Whole Grain Cinnamon Roll 1.5 oz 22 gm WSD/2.7 oz 38 gm WSM
- Whole Grain Giant Cinnamon Goldfish Grahams 19 gm WS
- Hot Oatmeal 39 gm M or Grits 21M (when available)

FRUIT CHOICES: (Select one or both)
INCLUDED IN ALL COMPLETE BREAKFASTS
- 100% Fruit Juice 15 (unless otherwise labeled)
- Assorted Fruit Choice (Fresh, dried or canned)
  15 average (apple slices 7/raisins 31)

PROTEIN CHOICES: (Pick one)
- Low Fat Yogurt (assorted flavors) 22gm M
- Low Fat Cheese Stick 1 gm M
- Sunbutter 7gm S (100% nut free/made from sunflower seeds)
- Honey Roasted Sunflower Seeds 11 gm

MILK CHOICES: (Pick one)
- 1% Low Fat Unflavored 13 gm M or
- Skim flavored Milk (Chocolate 20 gm M or Strawberry 19 gm M)

For a Complete Breakfast Students MUST have a MINIMUM of 3 Items (including a fruit choice)

HOT BREAKFAST ALSO OFFERED IN SELECT SCHOOLS—PLEASE SEE MENU FOR DETAILS

Key: W=contains wheat/gluten, S=soy, M=milk/dairy, E=egg
Grams of Carbohydrate are indicated by the number next to the item