

## 2018-19 BREAKFAST KITS

### Allergen & Carbohydrate Information

- 1) Whole Grain Smart Choice Apple Muffin Top **27 WESM**, Whole Grain Cinnamon Grahams **18 WS**, Unsweetened Applesauce **14 (ES foods #61151)**
- 2) Multigrain Cheerios, **23**, Whole Grain Pepperidge Farms Cheddar Goldfish Crackers **14 WSM**  
100% Fruit Juice **15 (ES Foods #61109)**
- 3) Reduced Sugar, Whole Grain Cinnamon Toast Crunch **22 WS**, Whole Grain Cinnamon Graham Crackers **18 WS**, 100% Apple Juice **15 (ES Foods #61119)**
- 4) Golden Grahams Cereal Bar **30 W**, Honey Sunflower Seeds **8**, 100% Apple Juice **15 (Notables # 38102)**
- 5) Whole Grain Rice Chex **24**, Honey Sunflower Seeds **8**, 100% Orange Tangerine Juice **15**  
**\*GLUTEN FREE KIT\* (Notables # 38099)**
- 6) Nutrigrain Cereal Bar Strawberry **29 WMS**, Scooby Doo Whole Grain Graham Sticks **21WS**,  
100% Fruit Juice **15 (HPS)**
- 7) Whole Grain Smart Choice Banana Muffin Breakfast **27 WESM**,  
Giant Cinnamon Goldfish Grahams **19 WS**, Unsweetened Applesauce **14 (ES Foods #61156)**
- 8) Golden Grahams Cereal **24 W**, Oat Crunch Bar, Maple **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 **22 M** or Strawberry **25 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**