

## Grab & Go Breakfast Carts

### Allergen & Carbohydrate Information BREAKFAST KITS

- 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 Elf Grahams **21 WS**  
100% Fruit Juice **15 (SS Kit 3)**
- 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) Low Fat Fruited Yogurt **19 M**, Whole Grain Granola **20**, Apple Slices **7 (Local Kit 1)**
- 5) Rice Krispies **29**, Cinnamon Goldfish Grahams **19 WS**, Applesauce cup **14 (SS Kit 2)**
- 6) Whole Grain Rice Chex **24**, Honey Sunflower Seeds **11**, 100% Fruit Juice **15**  
\*GLUTEN FREE KIT\* **(SS Kit 1 GF)**
- 7) Wheat Crackers **30 WS**, Sunbutter Cup **7**, 100 % Fruit Juice **15 (SS Kit 4)**
- 8) Whole Grain Muffin **25 WSME**, Low Fat Cheese Stick **1 M**, 100% Fruit Juice **15 (Local Kit 2)**
- 9) Whole Grain Smart Choice Banana Muffin **27 WESM**,  
Giant Cinnamon Goldfish Grahams **19 WS**, Unsweetened Applesauce **14 (ES Foods #61156)**

#### Other Menu Items:

- Raisins **30 gm carbohydrate**
- Craisins **27**
- Fresh Sliced Apples **7 gm carbohydrate (no W/S/M/E)** 2 oz pkg
- Sun butter Cup **7**
- Low fat Cheese Stick **1 M**
- Whole Grain Banana Muffin **25 WSME**
- Whole Grain Cinnamon Elf Grahams **21 WS**
- 100 % Fruit Juice (variety) **15**
- Low Fat Fruited Yogurt **19 M**
- Sunflower Seeds **11**
- Whole Grain Wheat Crackers **30 WS**
- Whole Grain Rice Krispies **29 (no W/S/M/E)**
- Whole Grain Cinnamon Goldfish Grahams **19 WS**
- Whole Grain Wheat Crackers **30 (WS)**
- Whole Grain Granola **20 (no W/S/M/E-oat based)**
- Applesauce Cup **14 (no sugar added)**
- Scooby Doo Graham Cracker Sticks **21 WS**
- Strawberry Shredded Whole Grain Cereal **23 W**
- Whole Grain Malt-O-Meal Honey Scooters **22 W**
- Whole Grain Bagel **25 W, S**
- Whole Grain Banana Bread **45 W, E, S, M**
- Whole Grain Cinnamon Toast Crunch **22 W, S**
- Multi-Grain Cheerios **23**

- Whole Grain Elf Grahams 21 W, S
- Whole Grain Rice Chex 24
- Whole Grain Lemon Blueberry Crispy Bites 21 W, S



All meals are served with choice of 1% Low Fat Unflavored Milk 13M or Flavored Skim/Nonfat Milk Chocolate 22 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 😊***