

## Grab & Go Breakfast

### Allergen & Carbohydrate Information

#### Breakfast Kits

- 1) Whole Grain Cinnamon Goldfish Crackers **19 WS**, Low fat Cheese Stick **1 M**, 100% Fruit Juice **15**, Craisins **27**
- 2) Multigrain Cheerios, **23**, Whole Grain Elf Grahams **21 WS**, 100% Fruit Juice **15**, Fresh Sliced Apples **7**
- 3) Whole Grain Banana Bread **45 W, E, S, M**, 100% Fruit Juice **15**, Craisins **27**
- 4) Low Fat Fruited Yogurt **19 M**, Whole Grain Granola **20**, Apple Slices **7**
- 5) Whole Grain Malt-O-Meal Honey Scooters **22 W**, Whole Grain Cinnamon Goldfish Crackers **19 WS**, Applesauce Cup **14** (no sugar added), Craisins **27**
- 6) Whole Grain Rice Chex **24**, Low fat Cheese Stick **1 M**, 100% Fruit Juice **15**, Apple slices **7** \*GLUTEN FREE KIT\*
- 7) Hadley Farms Cinnamon Roll 2.7 oz **38, W, S, M**, Applesauce Cup **14** (no sugar added), Craisins **27**
- 8) Strawberry Shredded Whole Grain Cereal **23 W**, Scooby Doo Graham Cracker Sticks **21 WS**, Craisins **27**, Fresh Sliced Apples **7**
- 9) Whole Grain Banana Muffin **25 WSME**, Low fat Cheese Stick **1 M**, 100% Fruit Juice **15**, Fresh Sliced Apples **7**
- 10) Multi-Grain Cheerios **23**, Scooby Doo Graham Cracker Sticks **21 WS**, 100% Fruit Juice **15**, Craisins **27**

#### Hot Breakfast Items:

- Mini Whole Grain Maple Waffles **38 WSME**
- Mini Whole Grain Pancakes **31 WSME**
- Tac-Go, Cheese, Egg Turkey Sausage on a Whole Grain Tortilla **13 WSME**
- Chicken Sausage, Egg and Cheese on a Whole Grain Biscuit **30 WSME**
- Whole Grain Turkey Ham and Cheese Croissant Sandwich **17 WSME**
- Chicken Sausage Egg & Cheese on a Whole Grain English Muffin **25 WSME**
- Whole Grain Cinnamon Glazed French Toast **28 WSE**
- “The Max” Whole Grain Breakfast Pizza with Egg, Cheese & Turkey bacon **25 WSME**

#### Individual 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, M**



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

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

***All items are NUT, Tree-Nut & TRANS FAT FREE!*** 😊



**Start Your Day Right with Breakfast!**

**¡Empiecen el Día Bien Con Desayuno!**