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!