

Grab & Go Breakfast

Allergen & Carbohydrate Information

Hot Breakfast Items:

- Mini Whole Grain Maple Waffles **38 WSME**
- Whole Grain Maple Waffle (single 2.4 oz.) **36 WSME NEW THIS YEAR!**
- 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**
- Chicken Sausage Patty (no roll) **0 carb, no allergens**
- Turkey Sausage (no roll) **1, no allergens**
- Egg Patty (no roll) **1, M, E**
- Whole Grain English Muffin (no filling) **24 W, S**
- 1 slice Am. Cheese **0, M**
- Breakfast sandwich with English muffin, sausage, cheese & egg (prepped together) **25, W, S, E NEW THIS YEAR!**

Individual Menu Items (grab & go):

- 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 Blueberry Mini-loaf **36 WSME NEW THIS YEAR!**
- Whole Grain Apple Cinnamon Mini-loaf **33 WSME NEW THIS YEAR!**
- Whole Grain Honey Corn Mini-Loaf **36 WSME NEW THIS YEAR!**
- 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 **19 W** (no S/M/E-non-gluten free certified oats used)
- Applesauce Cup **14** (no sugar added)
- Whole Grain 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 or Blueberry Bread **45 W, E, S, M**
- Whole Grain Cinnamon Toast Crunch **22 W, S**
- Multi-Grain Cheerios **23** (no W/S/M/E)
- Whole Grain Elf Grahams **21 W, S**
- Whole Grain Rice Chex **24** (no W/S/M/E)
- Whole Grain Lemon Blueberry Crispy Bites **21 W, S, M**
- Whole Grain All Sports Bites (MJM) **20 W**
- Nature Valley Soft Oatmeal Round **39 W, S, M, E**
- Whole Grain Pretzel Goldfish **17 W, M**
- Smoothie to go (*Barfresh*) **36, M** **NEW THIS YEAR!**



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**

Please note: Lactaid or Soy milk is also available for students with Intolerances or Allergies

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

All items are Nut, Tree-Nut & TRANS FAT FREE! 😊
We serve local products every chance we get!



Start Your Day Right with Breakfast!

¡Empiecen el Día Bien Con Desayuno!