

UMS March 2021 Carb Count BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mini Donut 42g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	2 Pancakes 37g Choice: Cereal* w/ muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	3 Mini Cinnis 39g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	4 Breakfast Pizza 22g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	5 Muffin 30g w/yogurt 15g Choice:Yogurt Parfait 43g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g
8 Mini Donut 42g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	9 Pancakes 37g Choice: Cereal* w/ muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	10 Mini Cinnis 39g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	11 Egg/Cheese Omelet 1g w/ muffin 30g Choice: Cereal* w/ muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	12 Muffin 30g w/yogurt 15g Choice:Yogurt Parfait 43g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g
15 NO SCHOOL	16 NO SCHOOL	17 NO SCHOOL	18 NO SCHOOL	19 NO SCHOOL
22 Mini Donut 42g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	23 Pancakes 37g Choice: Cereal* w/ muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	24 Mini Cinnis 39g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	25 Breakfast Pizza 22g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	26 Muffin 30g w/yogurt 15g Choice:Yogurt Parfait 43g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g
29 Mini Donut 42g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	30 Pancakes 37g Choice: Cereal* w/ muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	31 Mini Cinnis 39g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	April 1 Egg/cheese Omelet 1g w/muffin 30g Choice: Cereal* w/ muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	April 2 NO SCHOOL
	*Cereal Avg. 23g check label		This institution is an equal opportunity provider.	All items listed will be provided in each meal. Menu is subject to change without notice.