

Carb Count

BREAKFAST

March 2021

UHS

Monday	Tuesday	Wednesday	Thursday	Friday
This institution is an equal opportunity provider.	Menu is subject to change without notice.	*Cereal Avg. 23g check label	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	2 NO SCHOOL
5 NO SCHOOL	6 Mini Donut 42g Choice: Cereal* w/ muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	7 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	8 Breakfast Pizza 22g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	9 Mini Cinnis 39g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g
12 Mini Donut 42g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	13 Egg & cheese biscuit 30.5g Choice: Cereal* w/ muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	14 Breakfast Pizza 22g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	15 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	16 Mini Cinnis 39g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g
19 Mini Donut 42g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	20 Sausage & cheese biscuit 31.5g Choice: Cereal* w/ muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	21 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	22 Breakfast Pizza 22g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	23 Mini Cinnis 39g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g
26 Mini Donut 42g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	27 Egg & cheese biscuit 30.5g Choice: Cereal* w/ muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	28 Breakfast Pizza 22g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	29 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	30 Mini Cinnis 39g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g

