

Carb Count BREAKFAST

April 2021

UMS

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 Pancakes 37g 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:Yogurt Parfait 43g 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 patty & cheese on biscuit 30.5g Choice: Cereal* w/ muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	14 Pancakes 37g 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:Yogurt Parfait 43g 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 Egg patty & cheese on biscuit 30.5g Choice: Cereal* w/ muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	21 Pancakes 37g 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:Yogurt Parfait 43g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g
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