

Carb Count BREAKFAST May & June 2021 DG & LPC Elementary

Monday	Tuesday	Wednesday	Thursday	Friday
This institution is an equal opportunity provider.	All items listed will be provided in each meal. Menu is subject to change without notice	*Cereal Avg. 23g check label		
3 Mini Donut 42g Choice: Cereal* w/ muffin 30g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	4 Breakfast Bar 8g w/ muffin 30g Choice: Cereal* w/ muffin 30g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	5 Pancakes 37g Choice: Cereal* w/muffin 30g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	6 Breakfast Pizza 22g Choice: Cereal* w/muffin30g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	7 Mini Cinnis 39g Choice: Cereal* w/muffin 30g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g
10 Mini Donut 42g Choice: Cereal* w/muffin 30g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	11 Breakfast Bar 8g w/ muffin 30g Choice: Cereal* w/ muffin 30g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	12 Pancakes 37g Choice: Cereal* w/muffin 30g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	13 Breakfast Pizza 22g Choice: Cereal* w/ muffin 30g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	14 Fruit Frudel Cherry 37/ apple 36 Choice: Cereal* w/muffin 30g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g
17 Mini Donut 42g Choice: Cereal* w/muffin 30g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	18 Breakfast Bar 8g w/ muffin 30g Choice: Cereal* w/ muffin 30g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	19 Pancakes 37g Choice: Cereal* w/muffin 30g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	20 Breakfast Pizza 22g Choice: Cereal* w/muffin30g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	21 Mini Cinnis 39g Choice: Cereal* w/muffin 30g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g
24 Mini Donut 42g Choice: Cereal* w/muffin 30g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	25 Breakfast Bar 8g w/ muffin 30g Choice: Cereal* w/muffin 30g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	26 Pancakes 37g Choice: Cereal* w/muffin 30g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	27 Breakfast Pizza 22g Choice: Cereal* w/ muffin 30g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	28 Fruit Frudel Cherry 37/ apple 36 Choice: Cereal* w/muffin 30g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g
31 NO SCHOOL	June 1 Cook's Choice	June 2 Cook's Choice	June 3 Cook's Choice	June 4 Cook's Choice