

Carb Count Menu

4 Day ES Breakfast

Carbs (g)

Thu - 03/01/2018	
ES Break 4 Day	
BREAK BOWL EGG, SAU POT (ISM)	38
ELF GRAHAMS CRACKERS	21
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 03/05/2018	
ES Break 4 Day	
BREAK, WAFFLE, SAUSAGE (ISM)	41
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 03/06/2018	
ES Break 4 Day	
BREAK BOWL EGG, SAU POT (ISM)	38
ELF GRAHAMS CRACKERS	21
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 03/07/2018	
ES Break 4 Day	
BREAKFAST, EGG/CHS ON BUN (IW)	19
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20

Thu - 03/08/2018	
ES Break 4 Day	
BREAKFAST, CEREAL, COLD ASST.	23
FRUIT CUPS	16
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 03/12/2018	
ES Break 4 Day	
BREAKFAST, CEREAL, COLD ASST.	23
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 03/13/2018	
ES Break 4 Day	
Yogurt, Greek	14
GOLDFISH GRAHAMS	19
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 03/14/2018	
ES Break 4 Day	
BREAK BOWL EGG, SAU POT (ISM)	38
ELF GRAHAMS CRACKERS	21
FRESH FRUIT OF THE DAY 2017	13
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/15/2018	
ES Break 4 Day	

BREAKFAST, MINI STUFFED BAGELS	41
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 03/19/2018	
ES Break 4 Day	
BREAKFAST, CEREAL, COLD ASST.	23
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 03/20/2018	
ES Break 4 Day	
BREAKFAST, TUR/EGG/CHS BURRITO	16
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 03/21/2018	
ES Break 4 Day	
BREAKFAST, CINNAMON ROLL	74
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/22/2018	
ES Break 4 Day	
BREAK BOWL EGG, SAU POT (ISM)	38
ELF GRAHAMS CRACKERS	21
Fruit Cup Variety, Breakfast	17
Juice, Variety	15

Milk - White 1%	13
Milk - Chocolate, Nonfat	20