

## Carb Count Menu

### 4 Day Sec Breakfast

Carbs (g)

Thu - 03/01/2018	
Sec Breakfast 4 day	
BREAKFAST, SAND W/ HAM EGG SEC	31
BREAKFAST CRUMB CAKE	39
BREAKFAST, CINNAMON ROLL	74
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 03/05/2018	
Sec Breakfast 4 day	
BREAKFAST, YOGURT & GRANOLA	62
BREAKFAST, CEREAL, COLD ASST.	23
Cheese, Mozz String 17-18	1
BREAKFAST, CINNAMON ROLL	74
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 03/06/2018	
Sec Breakfast 4 day	
BREAKFAST, SANDWICH (SEC)	31
BREAKFAST, MINI PANCAKES	42
BREAKFAST, CINNAMON ROLL	74
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 03/07/2018	
Sec Breakfast 4 day	
BREAKFAST CRUMB CAKE	39
BREAKFAST, SAND W/ HAM EGG SEC	31
BREAKFAST, CINNAMON ROLL	74

FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/08/2018	
Sec Breakfast 4 day	
BREAKFAST, FRNCH TST/SYP (SEC)	60
BREAKFAST, SANDWICH (SEC)	31
BREAKFAST, CINNAMON ROLL	74
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 03/12/2018	
Sec Breakfast 4 day	
BREAKFAST, YOGURT & GRANOLA	62
BREAKFAST, SANDWICH (SEC)	31
BREAKFAST, CINNAMON ROLL	74
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 03/13/2018	
Sec Breakfast 4 day	
BREAKFAST, SAND W/ HAM EGG SEC	31
BREAKFAST, SANDWICH (SEC)	31
BREAKFAST, CINNAMON ROLL	74
FRUIT CUPS	16
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 03/14/2018	
Sec Breakfast 4 day	
BREAK, WAFFLES CHICKEN 2017	45

BREAKFAST, SANDWICH (SEC)	31
BREAKFAST, CINNAMON ROLL	74
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/15/2018	
Sec Breakfast 4 day	
BREAKFAST, SANDWICH (SEC)	31
BREAKFAST, MINI PANCAKES	42
BREAKFAST, CINNAMON ROLL	74
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 03/19/2018	
Sec Breakfast 4 day	
BREAKFAST, MINI PANCAKES	42
BREAKFAST, SANDWICH (SEC)	31
BREAKFAST, CINNAMON ROLL	74
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 03/20/2018	
Sec Breakfast 4 day	
BREAKFAST, SAND W/ HAM EGG SEC	31
BREAKFAST CRUMB CAKE	39
BREAKFAST, CINNAMON ROLL	74
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 03/21/2018	

Sec Breakfast 4 day	
BREAKFAST CRUMB CAKE	39
BREAKFAST, SANDWICH (SEC)	31
BREAKFAST, CINNAMON ROLL	74
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/22/2018	
Sec Breakfast 4 day	
BREAKFAST, YOGURT & GRANOLA	62
BREAKFAST, SANDWICH (SEC)	31
BREAKFAST, CINNAMON ROLL	74
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20