Carb Count Menu

SEC Cold Breakfast Thu - 03/01/2018	Carbs (g)	
SEC Cold Bkfst		
BREAKFAST, CEREAL, COLD ASST.	23	
Fruit Cup Variety, Breakfast	17	
Juice, Variety	15	
Milk - Chocolate, Nonfat	20	
Milk - White 1%	13	
Fri - 03/02/2018		
SEC Cold Bkfst		
Corn Bread Muffin (IW) 16-17	36	
Cheese, Colby Stick 17-18	-	
APPLE SLICES, FRESH, 2 OZ INDV	8	
Juice, Variety	15	
Milk - White 1%	13	
Milk - Chocolate, Nonfat	20	
Mon - 03/05/2018		
SEC Cold Bkfst		
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 Cold Bkfst		
BREAKFAST, SUNRISE MUFFIN	45	
Fruit Cup Variety, Breakfast	17	
Juice, Variety	15	
Milk - White 1%	13	
Milk - Chocolate, Nonfat	20	
Wed - 03/07/2018		
SEC Cold Bkfst		
BREAKFAST, MINI STUFFED BAGELS	41	

FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/08/2018	
SEC Cold Bkfst	
BREAKFAST, YOGURT & GRANOLA	62
FRUIT CUPS	16
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Fri - 03/09/2018	
SEC Cold Bkfst	
BREAKFAST CRUMB CAKE	39
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 03/12/2018	
SEC Cold Bkfst	
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 Cold Bkfst	
BREAKFAST, CEREAL, COLD ASST.	23
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
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Wed - 03/14/2018	

BREAKFAST, MINI STUFFED BAGELS41Fruit Cup Variety, Breakfast17Juice, Variety15Milk - White 1%13Milk - Chocolate, Nonfat20Fri - 03/16/20181SEC Cold Bkfst39BREAKFAST CRUMB CAKE39FRESH FRUIT OF THE DAY10Juice, Variety15Milk - Chocolate, Nonfat20Milk - White 1%13Milk - Chocolate, Nonfat20Mon - 03/19/201820SEC Cold Bkfst62BREAKFAST, YOGURT & GRANOLA62FRESH FRUIT OF THE DAY10Juice, Variety15Milk - Chocolate, Nonfat20Tue - 03/20/201820SEC Cold Bkfst20BREAKFAST, YOGURT & GRANOLA62FRESH FRUIT OF THE DAY10Juice, Variety15Milk - Chocolate, Nonfat20Tue - 03/20/201820SEC Cold Bkfst20BREAKFAST CRUMB CAKE39	SEC Cold Bkfst	
Juice, Variety 15 Milk - White 1% 13 Milk - Chocolate, Nonfat 20 Thu - 03/15/2018 20 SEC Cold Bkfst 8 BREAKFAST, MINI STUFFED BAGELS 41 Fruit Cup Variety, Breakfast 17 Juice, Variety 15 Milk - Chocolate, Nonfat 20 Fri - 03/16/2018 20 SEC Cold Bkfst 8 BREAKFAST CRUMB CAKE 39 FRESH FRUIT OF THE DAY 10 Juice, Variety 15 Milk - Chocolate, Nonfat 20 SEC Cold Bkfst 8 BREAKFAST CRUMB CAKE 39 FRESH FRUIT OF THE DAY 10 Juice, Variety 15 Milk - Chocolate, Nonfat 20 To - 03/19/2018 20 SEC Cold Bkfst 8 BREAKFAST, YOGURT & GRANOLA 62 FRESH FRUIT OF THE DAY 10 Juice, Variety 15 Milk - White 1% 13 Milk - Chocolate, Nonfat 20 To - 03/20/2018 20 SEC Cold Bkfst 8 BREAKFAST, YOGURT & GRANOLA 62 FRESH FRUIT OF THE DAY 10 Juice, Variety 15 Milk - Chocolate, Nonfat 20 To - 03/20/2018 20 SEC Cold Bkfst 8 BREAKFAST CRUMB CAKE 39 Fruit Cup Variety, Breakfast 17 Juice, Variety 15 Milk - White 1% 13 Milk - Chocolate, Nonfat 20 To - 03/20/2018 20 SEC Cold Bkfst 8 BREAKFAST CRUMB CAKE 39 Fruit Cup Variety, Breakfast 17 Juice, Variety 15 Milk - White 1% 13 Milk - Chocolate, Nonfat 21 SEC Cold Bkfst 20 SEC SEC	BREAKFAST, YOGURT & GRANOLA	62
Milk - White 1%13Milk - Chocolate, Nonfat20Thu - 03/15/20181SEC Cold Bkfst1BREAKFAST, MINI STUFFED BAGELS41Fruit Cup Variety, Breakfast17Juice, Variety15Milk - White 1%13Milk - Chocolate, Nonfat20Fri - 03/16/20181SEC Cold Bkfst1BREAKFAST CRUMB CAKE39FRESH FRUIT OF THE DAY10Juice, Variety15Milk - White 1%13Milk - Chocolate, Nonfat20Image: Cold Bkfst1BREAKFAST CRUMB CAKE39FRESH FRUIT OF THE DAY10Juice, Variety15Milk - Chocolate, Nonfat20Image: Cold Bkfst1BREAKFAST, YOGURT & GRANOLA62FRESH FRUIT OF THE DAY10Juice, Variety15Milk - White 1%13Milk - Chocolate, Nonfat20Image: Cold Bkfst1BREAKFAST, CRUMB CAKE39Fruit Cup Variety, Breakfast17Juice, Variety, Breakfast17Juice, Variety, Breakfast17Juice, Variety15Milk - White 1%15Milk - White 1%15	FRESH FRUIT OF THE DAY	10
Milk - White 1%13Milk - Chocolate, Nonfat20Thu - 03/15/20181SEC Cold Bkfst1BREAKFAST, MINI STUFFED BAGELS41Fruit Cup Variety, Breakfast17Juice, Variety15Milk - White 1%13Milk - Chocolate, Nonfat20Fri - 03/16/20181SEC Cold Bkfst1BREAKFAST CRUMB CAKE39FRESH FRUIT OF THE DAY10Juice, Variety15Milk - White 1%13Milk - Chocolate, Nonfat20Image: Cold Bkfst1BREAKFAST CRUMB CAKE39FRESH FRUIT OF THE DAY10Juice, Variety15Milk - Chocolate, Nonfat20Image: Cold Bkfst1BREAKFAST, YOGURT & GRANOLA62FRESH FRUIT OF THE DAY10Juice, Variety15Milk - White 1%13Milk - Chocolate, Nonfat20Image: Cold Bkfst1BREAKFAST, CRUMB CAKE39Fruit Cup Variety, Breakfast17Juice, Variety, Breakfast17Juice, Variety, Breakfast17Juice, Variety15Milk - White 1%15Milk - White 1%15	Juice, Variety	15
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SEC Cold BkfstBREAKFAST, MINI STUFFED BAGELS41Fruit Cup Variety, Breakfast17Juice, Variety15Milk - White 1%13Milk - Chocolate, Nonfat20	Milk - Chocolate, Nonfat	20
SEC Cold BkfstBREAKFAST, MINI STUFFED BAGELS41Fruit Cup Variety, Breakfast17Juice, Variety15Milk - White 1%13Milk - Chocolate, Nonfat20		
BREAKFAST, MINI STUFFED BAGELS41Fruit Cup Variety, Breakfast17Juice, Variety15Milk - White 1%13Milk - Chocolate, Nonfat20Fri - 03/16/20181SEC Cold Bkfst1BREAKFAST CRUMB CAKE39FRESH FRUIT OF THE DAY10Juice, Variety15Milk - Chocolate, Nonfat20Milk - White 1%13Milk - Chocolate, Nonfat20Mon - 03/19/201820SEC Cold Bkfst1BREAKFAST, YOGURT & GRANOLA62FRESH FRUIT OF THE DAY10Juice, Variety15Milk - Chocolate, Nonfat20Tue - 03/20/201820SEC Cold Bkfst20Juice, Variety15Milk - Chocolate, Nonfat20Juice, Variety, Breakfast17Juice, Variety, Breakfast17Juice, Variety, Breakfast17Juice, Variety15Milk - White 1%13	Thu - 03/15/2018	
Fruit Cup Variety, Breakfast17Juice, Variety15Milk - White 1%13Milk - Chocolate, Nonfat20	SEC Cold Bkfst	
Juice, Variety15Milk - White 1%13Milk - Chocolate, Nonfat20Fri - 03/16/20181SEC Cold Bkfst1BREAKFAST CRUMB CAKE39FRESH FRUIT OF THE DAY10Juice, Variety15Milk - White 1%13Milk - Chocolate, Nonfat20Mon - 03/19/20181SEC Cold Bkfst1BREAKFAST, YOGURT & GRANOLA62FRESH FRUIT OF THE DAY10Juice, Variety15Milk - White 1%13Milk - Chocolate, Nonfat20Image: Cold Bkfst13BREAKFAST, YOGURT & GRANOLA62FRESH FRUIT OF THE DAY10Juice, Variety15Milk - Chocolate, Nonfat20Image: Cold Bkfst13BREAKFAST CRUMB CAKE39Fruit Cup Variety, Breakfast17Juice, Variety15Milk - White 1%13Milk - White 1%13	BREAKFAST, MINI STUFFED BAGELS	41
Milk - White 1%13Milk - Chocolate, Nonfat20Fri - 03/16/2018	Fruit Cup Variety, Breakfast	17
Milk - Chocolate, Nonfat20Fri - 03/16/2018Image: Cold BkfstSEC Cold BkfstImage: Cold BkfstBREAKFAST CRUMB CAKE39FRESH FRUIT OF THE DAY10Juice, Variety115Milk - White 1%13Milk - Chocolate, Nonfat20Image: Cold BkfstImage: Cold BkfstBREAKFAST, YOGURT & GRANOLA62FRESH FRUIT OF THE DAY10Juice, Variety15Milk - Chocolate, Nonfat20Image: Cold BkfstImage: Cold BkfstBREAKFAST, YOGURT & GRANOLA62FRESH FRUIT OF THE DAY10Juice, Variety15Milk - Chocolate, Nonfat20Image: Cold BkfstImage: Cold BkfstBREAKFAST CRUMB CAKE39Fruit Cup Variety, Breakfast17Juice, Variety15Milk - White 1%13	Juice, Variety	15
Fri - 03/16/2018Fri - 03/16/2018SEC Cold BkfstBREAKFAST CRUMB CAKE39FRESH FRUIT OF THE DAYJuice, Variety15Milk - White 1%Milk - Chocolate, Nonfat20Mon - 03/19/2018SEC Cold BkfstBREAKFAST, YOGURT & GRANOLAFRESH FRUIT OF THE DAYJuice, Variety15Milk - White 1%Milk - White 1%Milk - Chocolate, Nonfat20Tue - 03/20/2018SEC Cold BkfstBREAKFAST CRUMB CAKEBREAKFAST CRUMB CAKE39Fruit Cup Variety, Breakfast17Juice, Variety15Milk - White 1%13Milk - White 1%1415Milk - White 1%15Milk - White 1%13	Milk - White 1%	13
SEC Cold BkfstSEC Cold BkfstBREAKFAST CRUMB CAKESPRESH FRUIT OF THE DAYJuice, VarietyMilk - White 1%Milk - White 1%Milk - Chocolate, NonfatMon - 03/19/2018SEC Cold BkfstBREAKFAST, YOGURT & GRANOLAFRESH FRUIT OF THE DAYJuice, VarietyJuice, VarietyMilk - White 1%SEC Cold BkfstBREAKFAST, YOGURT & GRANOLAFRESH FRUIT OF THE DAYJuice, VarietyJuice, VarietySEC Cold BkfstBREAKFAST CRUMB CAKESPEC Cold BkfstBREAKFAST CRUMB CAKEJuice, VarietyFruit Cup Variety, BreakfastJuice, VarietySilk - White 1%Silk - White 1%SEC Cold BkfstSEC Cold SkfstSEC Cold	Milk - Chocolate, Nonfat	20
SEC Cold BkfstSEC Cold BkfstBREAKFAST CRUMB CAKESPRESH FRUIT OF THE DAYJuice, VarietyMilk - White 1%Milk - White 1%Milk - Chocolate, NonfatMon - 03/19/2018SEC Cold BkfstBREAKFAST, YOGURT & GRANOLAFRESH FRUIT OF THE DAYJuice, VarietyJuice, VarietyMilk - White 1%SEC Cold BkfstBREAKFAST, YOGURT & GRANOLAFRESH FRUIT OF THE DAYJuice, VarietyJuice, VarietySEC Cold BkfstBREAKFAST CRUMB CAKESPEC Cold BkfstBREAKFAST CRUMB CAKEJuice, VarietyFruit Cup Variety, BreakfastJuice, VarietySilk - White 1%Silk - White 1%SEC Cold BkfstSEC Cold SkfstSEC Cold		
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FRESH FRUIT OF THE DAY10Juice, Variety15Milk - White 1%13Milk - Chocolate, Nonfat20Milk - Chocolate, Nonfat20Mon - 03/19/201810SEC Cold Bkfst62BREAKFAST, YOGURT & GRANOLA62FRESH FRUIT OF THE DAY10Juice, Variety15Milk - White 1%13Milk - Chocolate, Nonfat20Tue - 03/20/201820SEC Cold Bkfst9BREAKFAST CRUMB CAKE39Fruit Cup Variety, Breakfast17Juice, Variety15Milk - White 1%13	SEC Cold Bkfst	
Juice, Variety15Milk - White 1%13Milk - Chocolate, Nonfat20Mon - 03/19/201810SEC Cold Bkfst62BREAKFAST, YOGURT & GRANOLA62FRESH FRUIT OF THE DAY10Juice, Variety15Milk - White 1%13Milk - Chocolate, Nonfat20Tue - 03/20/201815SEC Cold Bkfst13BREAKFAST CRUMB CAKE39Fruit Cup Variety, Breakfast17Juice, Variety15	BREAKFAST CRUMB CAKE	39
Milk - White 1%13Milk - Chocolate, Nonfat20Mon - 03/19/2018SEC Cold BkfstBREAKFAST, YOGURT & GRANOLA62FRESH FRUIT OF THE DAY10Juice, Variety15Milk - White 1%13Milk - Chocolate, Nonfat20Tue - 03/20/2018SEC Cold Bkfst39Fruit Cup Variety, Breakfast17Juice, Variety15	FRESH FRUIT OF THE DAY	10
Milk - Chocolate, Nonfat20Mon - 03/19/2018Image: Cold BkfstSEC Cold BkfstImage: Cold BkfstBREAKFAST, YOGURT & GRANOLA62FRESH FRUIT OF THE DAY10Juice, Variety15Milk - White 1%13Milk - Chocolate, Nonfat20Tue - 03/20/2018Image: Cold BkfstBREAKFAST CRUMB CAKE39Fruit Cup Variety, Breakfast17Juice, Variety15Milk - White 1%13	Juice, Variety	15
Mon - 03/19/2018SEC Cold BkfstBREAKFAST, YOGURT & GRANOLAFRESH FRUIT OF THE DAYJuice, VarietyMilk - White 1%Milk - Chocolate, NonfatZure - 03/20/2018SEC Cold BkfstBREAKFAST CRUMB CAKEBREAKFAST CRUMB CAKEJuice, VarietyMilk - White 1%SEC Kold BkfstBREAKFAST CRUMB CAKESEC Note The State	Milk - White 1%	13
SEC Cold BkfstBREAKFAST, YOGURT & GRANOLAFRESH FRUIT OF THE DAYJuice, VarietyJuice, VarietyMilk - White 1%Milk - Chocolate, Nonfat20Tue - 03/20/2018SEC Cold BkfstBREAKFAST CRUMB CAKESPEAKFAST CRUMB CAKEFruit Cup Variety, BreakfastJuice, VarietyMilk - White 1%15Milk - White 1%	Milk - Chocolate, Nonfat	20
SEC Cold BkfstBREAKFAST, YOGURT & GRANOLAFRESH FRUIT OF THE DAYJuice, VarietyJuice, VarietyMilk - White 1%Milk - Chocolate, Nonfat20Tue - 03/20/2018SEC Cold BkfstBREAKFAST CRUMB CAKESPEAKFAST CRUMB CAKEFruit Cup Variety, BreakfastJuice, VarietyMilk - White 1%15Milk - White 1%		
BREAKFAST, YOGURT & GRANOLA62FRESH FRUIT OF THE DAY10Juice, Variety15Milk - White 1%13Milk - Chocolate, Nonfat20Tue - 03/20/201811SEC Cold Bkfst13BREAKFAST CRUMB CAKE39Fruit Cup Variety, Breakfast17Juice, Variety15Milk - White 1%13	Mon - 03/19/2018	
FRESH FRUIT OF THE DAY10Juice, Variety15Milk - White 1%13Milk - Chocolate, Nonfat20Tue - 03/20/201810SEC Cold Bkfst10BREAKFAST CRUMB CAKE39Fruit Cup Variety, Breakfast17Juice, Variety15Milk - White 1%13	SEC Cold Bkfst	
Juice, Variety15Milk - White 1%13Milk - Chocolate, Nonfat20Tue - 03/20/201810SEC Cold Bkfst10BREAKFAST CRUMB CAKE39Fruit Cup Variety, Breakfast17Juice, Variety15Milk - White 1%13	BREAKFAST, YOGURT & GRANOLA	62
Milk - White 1%13Milk - Chocolate, Nonfat20Tue - 03/20/201810SEC Cold Bkfst10BREAKFAST CRUMB CAKE39Fruit Cup Variety, Breakfast17Juice, Variety15Milk - White 1%13	FRESH FRUIT OF THE DAY	10
Milk - Chocolate, Nonfat20Tue - 03/20/2018Image: Cold BkfstSEC Cold BkfstImage: Cold BkfstBREAKFAST CRUMB CAKE39Fruit Cup Variety, Breakfast17Juice, Variety15Milk - White 1%13	Juice, Variety	15
Tue - 03/20/2018SEC Cold BkfstBREAKFAST CRUMB CAKE39Fruit Cup Variety, BreakfastJuice, Variety15Milk - White 1%	Milk - White 1%	13
SEC Cold BkfstBREAKFAST CRUMB CAKE39Fruit Cup Variety, Breakfast17Juice, Variety15Milk - White 1%13	Milk - Chocolate, Nonfat	20
SEC Cold BkfstBREAKFAST CRUMB CAKE39Fruit Cup Variety, Breakfast17Juice, Variety15Milk - White 1%13	<u> </u>	
BREAKFAST CRUMB CAKE39Fruit Cup Variety, Breakfast17Juice, Variety15Milk - White 1%13	Tue - 03/20/2018	
Fruit Cup Variety, Breakfast17Juice, Variety15Milk - White 1%13	SEC Cold Bkfst	
Juice, Variety15Milk - White 1%13	BREAKFAST CRUMB CAKE	39
Milk - White 1% 13	Fruit Cup Variety, Breakfast	17
	Juice, Variety	15
Milk - Chocolate, Nonfat 20	Milk - White 1%	13
	Milk - Chocolate, Nonfat	20

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Wed - 03/21/2018	
SEC Cold Bkfst	
BREAKFAST, MINI STUFFED BAGELS	41
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/22/2018	
SEC Cold Bkfst	
BREAKFAST, CEREAL, COLD ASST.	23
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - Chocolate, Nonfat	20
Milk - White 1%	13
Fri - 03/23/2018	
SEC Cold Bkfst	
Corn Bread Muffin (IW) 16-17	36
Cheese, Colby Stick 17-18	_
APPLE SLICES, FRESH, 2 OZ INDV	8
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20