

Carb Count Menu

SEC Cold Breakfast

Carbs (g)

Thu - 03/01/2018	
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 - 03/02/2018	
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
Wed - 03/14/2018	

SEC Cold Bkfst	
BREAKFAST, YOGURT & GRANOLA	62
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/15/2018	
SEC Cold Bkfst	
BREAKFAST, MINI STUFFED BAGELS	41
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Fri - 03/16/2018	
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 - 03/19/2018	
SEC Cold Bkfst	
BREAKFAST, YOGURT & GRANOLA	62
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 03/20/2018	
SEC Cold Bkfst	
BREAKFAST CRUMB CAKE	39
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20

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