

Carb Count Menu

Sec Breakfast	Carbs (g)
Thu - 03/01/2018	
SEC Breakfast	
BREAKFAST, SAND W/ HAM EGG SEC	31
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Fri - 03/02/2018	
SEC Breakfast	
BREAKFAST, SANDWICH (SEC)	31
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 03/05/2018	
SEC Breakfast	
BREAKFAST, YOGURT & GRANOLA	62
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 03/06/2018	
SEC Breakfast	
BREAKFAST, SANDWICH (SEC)	31
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 03/07/2018	
SEC Breakfast	

BREAKFAST CRUMB CAKE	39
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/08/2018	
SEC Breakfast	
BREAKFAST, FRNCH TST/SYP (SEC)	60
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Fri - 03/09/2018	
SEC Breakfast	
BREAKFAST, SAND W/ HAM EGG SEC	31
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 03/12/2018	
SEC Breakfast	
BREAKFAST, YOGURT & GRANOLA	62
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 03/13/2018	
SEC Breakfast	
BREAKFAST, SAND W/ HAM EGG SEC	31
FRUIT CUPS	16
Juice, Variety	15
Milk - White 1%	13

Milk - Chocolate, Nonfat	20
Wed - 03/14/2018	
SEC Breakfast	
BREAK, WAFFLES CHICKEN 2017	45
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/15/2018	
SEC Breakfast	
BREAKFAST, FRNCH TST/SYP (SEC)	60
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Fri - 03/16/2018	
SEC Breakfast	
BREAKFAST, SAND W/ HAM EGG SEC	31
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 03/19/2018	
SEC Breakfast	
BREAKFAST, MINI PANCAKES	42
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 03/20/2018	
SEC Breakfast	

BREAKFAST, SAND W/ HAM EGG SEC	31
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 03/21/2018	
SEC Breakfast	
BREAKFAST CRUMB CAKE	39
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 03/22/2018	
SEC Breakfast	
BREAKFAST, YOGURT & GRANOLA	62
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Fri - 03/23/2018	
SEC Breakfast	
BREAKFAST, SANDWICH (SEC)	31
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20