

**Carb Count Menu**

**Sec Cold Breakfast**

**Carbs (g)**

Tue - 05/01/2018	
SEC Cold Bkfst	
BREAKFAST, SUNRISE MUFFIN	45
Yogurt, Greek	14
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - Chocolate, Nonfat	20
Milk - White 1%	13
Wed - 05/02/2018	
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 - 05/03/2018	
SEC Cold Bkfst	
BREAKFAST, YOGURT & GRANOLA	62
FRUIT CUPS	16
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Fri - 05/04/2018	
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 - 05/07/2018	
SEC Cold Bkfst	
BREAKFAST, CINN ROLL	74
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/08/2018	
SEC Cold Bkfst	
BREAKFAST, SUNRISE MUFFIN	45
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - Chocolate, Nonfat	20
Milk - White 1%	13
Wed - 05/09/2018	
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 - 05/10/2018	
SEC Cold Bkfst	
BREAKFAST, YOGURT & GRANOLA	62
FRUIT CUPS	16
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20

Fri - 05/11/2018	
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 - 05/14/2018	
SEC Cold Bkfst	
BREAKFAST, CINN ROLL	74
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/15/2018	
SEC Cold Bkfst	
BREAKFAST, CEREAL, COLD ASST.	23
Yogurt, Greek	14
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/16/2018	
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 - 05/17/2018	
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 - 05/18/2018	
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 - 05/21/2018	
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 - 05/22/2018	
SEC Cold Bkfst	
BREAKFAST CRUMB CAKE	39
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20

Wed - 05/23/2018	
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 - 05/24/2018	
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 - 05/25/2018	
SEC Cold Bkfst	
Corn Bread Muffin (IW) 16-17	36
Cheese, Colby Stick 17-18	-
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 05/28/2018	
SEC Cold Bkfst	
BREAKFAST, CINN ROLL	74
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/29/2018	

SEC Cold Bkfst	
BREAKFAST, SUNRISE MUFFIN	45
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - Chocolate, Nonfat	20
Milk - White 1%	13
Wed - 05/30/2018	
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 - 05/31/2018	
SEC Cold Bkfst	
BREAKFAST, YOGURT & GRANOLA	62
FRUIT CUPS	16
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20