Carb Count Menu

CECH AD LE AC	G 1 ()
SEC Hot Breakfast Cart Tue - 05/01/2018	Carbs (g)
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 - 05/02/2018	
SEC Breakfast	
BREAKFAST, FRNCH TST/SYP (SEC)	60
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
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Thu - 05/03/2018	
SEC Breakfast	
BREAKFAST, SANDWICH (SEC)	31
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Fri - 05/04/2018	
SEC Breakfast	
BREAKFAST, CINNAMON ROLL	74
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 05/07/2018	

SEC Breakfast	
BREAKFAST, YOGURT & GRANOLA	62
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/08/2018	
SEC Breakfast	
BREAKFAST, SANDWICH (SEC)	31
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/09/2018	
SEC Breakfast	
BREAKFAST CRUMB CAKE	39
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/10/2018	
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 - 05/11/2018	
SEC Breakfast	
BREAKFAST, SAND W/ HAM EGG SEC	31
FRESH FRUIT OF THE DAY	10
I	I

Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 05/14/2018	
SEC Breakfast	
BREAKFAST, YOGURT & GRANOLA	62
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/15/2018	
SEC Breakfast	
BREAKFAST, CINNAMON ROLL	74
FRUIT CUPS	16
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/16/2018	
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 - 05/17/2018	
SEC Breakfast	
BREAKFAST, MINI PANCAKES	42
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20

### FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat ### SEC Breakfast BREAKFAST, FRNCH TST/SYP (SEC) ### FRESH FRUIT OF THE DAY Juice, Variety Milk - Chocolate, Nonfat ### Tue - 05/22/2018 ### SEC Breakfast BREAKFAST, SANDWICH (SEC) ### Fruit Cup Variety, Breakfast Juice, Variety Milk - White 1% ### Milk - Chocolate, Nonfat ### White 1% ### Milk - Chocolate, Nonfat ### Wed - 05/23/2018 ### SEC Breakfast BREAKFAST, YOGURT & GRANOLA ### FRESH FRUIT OF THE DAY Juice, Variety ### Milk - White 1% ### Milk - Chocolate, Nonfat ### Thu - 05/24/2018		
BREAKFAST, SAND W/ HAM EGG SEC FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat Z Mon - 05/21/2018 SEC Breakfast BREAKFAST, FRNCH TST/SYP (SEC) FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat Z Tue - 05/22/2018 SEC Breakfast BREAKFAST, SANDWICH (SEC) Fruit Cup Variety, Breakfast Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat Z Wed - 05/23/2018 SEC Breakfast BREAKFAST, YOGURT & GRANOLA FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - White 1% Milk - White 1% Milk - Chocolate, Nonfat Z Thu - 05/24/2018	Fri - 05/18/2018	
### FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat ### SEC Breakfast BREAKFAST, FRNCH TST/SYP (SEC) ### FRUIT OF THE DAY Juice, Variety Milk - Chocolate, Nonfat ### Tue - 05/22/2018 ### SEC Breakfast BREAKFAST, SANDWICH (SEC) ### Fruit Cup Variety, Breakfast Juice, Variety Milk - White 1% ### Milk - Chocolate, Nonfat ### White 1% ### Milk - Chocolate, Nonfat ### Milk - White 1% ### Milk - Chocolate, Nonfat ### Milk - White 1% ### Milk - Chocolate, Nonfat ### Thu - 05/24/2018	SEC Breakfast	
Juice, Variety 1 Milk - White 1% 1 Milk - Chocolate, Nonfat 2 Mon - 05/21/2018 SEC Breakfast SEC Breakfast BREAKFAST, FRNCH TST/SYP (SEC) FRESH FRUIT OF THE DAY 1 Juice, Variety 1 Milk - White 1% 1 Milk - Chocolate, Nonfat 2 Tue - 05/22/2018 SEC Breakfast BREAKFAST, SANDWICH (SEC) 3 Fruit Cup Variety, Breakfast 1 Juice, Variety 1 Milk - White 1% 1 Wed - 05/23/2018 SEC Breakfast BREAKFAST, YOGURT & GRANOLA 6 FRESH FRUIT OF THE DAY 1 Juice, Variety 1 Milk - White 1% 1 Milk - White 1% 1 Milk - Chocolate, Nonfat 2	BREAKFAST, SAND W/ HAM EGG SEC	31
Milk - White 1% Milk - Chocolate, Nonfat 2 Mon - 05/21/2018 SEC Breakfast BREAKFAST, FRNCH TST/SYP (SEC) FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat Tue - 05/22/2018 SEC Breakfast BREAKFAST, SANDWICH (SEC) Fruit Cup Variety, Breakfast Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat 2 Milk - White 1% Milk - Resh FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - White 1% Milk - Chocolate, Nonfat ERESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - White 1% Milk - White 1% Milk - Whote 1% Milk - Whote 1% Milk - White 1% Milk - White 1% Milk - White 1% Milk - White 1% Milk - Chocolate, Nonfat Thu - 05/24/2018	FRESH FRUIT OF THE DAY	10
Milk - Chocolate, Nonfat 2 Mon - 05/21/2018 SEC Breakfast BREAKFAST, FRNCH TST/SYP (SEC) 6 FRESH FRUIT OF THE DAY 1 Juice, Variety 1 Milk - White 1% 1 Milk - Chocolate, Nonfat 2 SEC Breakfast 1 BREAKFAST, SANDWICH (SEC) 3 Fruit Cup Variety, Breakfast 1 Juice, Variety 1 Milk - White 1% 1 Wed - 05/23/2018 3 SEC Breakfast 3 BREAKFAST, YOGURT & GRANOLA 6 FRESH FRUIT OF THE DAY 1 Juice, Variety 1 Milk - White 1% 1 Milk - Chocolate, Nonfat 2 Thu - 05/24/2018 2	Juice, Variety	15
Mon - 05/21/2018 SEC Breakfast BREAKFAST, FRNCH TST/SYP (SEC) FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat Tue - 05/22/2018 SEC Breakfast BREAKFAST, SANDWICH (SEC) Fruit Cup Variety, Breakfast Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat 2 Wed - 05/23/2018 SEC Breakfast BREAKFAST, YOGURT & GRANOLA FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - Whote 1% Milk - Whote 1% Milk - Whote 1% Milk - Chocolate, Nonfat 2 Thu - 05/24/2018	Milk - White 1%	13
SEC Breakfast BREAKFAST, FRNCH TST/SYP (SEC) FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat Zeron Sec Breakfast BREAKFAST, SANDWICH (SEC) Fruit Cup Variety, Breakfast Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat Zeron Sec Breakfast BREAKFAST, YOGURT & GRANOLA FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - White 1% Milk - White 1% Milk - Chocolate, Nonfat Zeron Section Thu - 05/24/2018	Milk - Chocolate, Nonfat	20
SEC Breakfast BREAKFAST, FRNCH TST/SYP (SEC) FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat Zeron Sec Breakfast BREAKFAST, SANDWICH (SEC) Fruit Cup Variety, Breakfast Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat Zeron Sec Breakfast BREAKFAST, YOGURT & GRANOLA FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - White 1% Milk - White 1% Milk - Chocolate, Nonfat Zeron Section Thu - 05/24/2018		
BREAKFAST, FRNCH TST/SYP (SEC) FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat Tue - 05/22/2018 SEC Breakfast BREAKFAST, SANDWICH (SEC) Fruit Cup Variety, Breakfast Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat SEC Breakfast BREAKFAST, SANDWICH (SEC) Fruit Cup Variety 12 Milk - White 1% Milk - White 1% Milk - Chocolate, Nonfat ERESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat Thu - 05/24/2018	Mon - 05/21/2018	
FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat Tue - 05/22/2018 SEC Breakfast BREAKFAST, SANDWICH (SEC) Fruit Cup Variety, Breakfast Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat SEC Breakfast BREAKFAST, YOGURT & GRANOLA FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - White 1% SEC Breakfast BREAKFAST, YOGURT & GRANOLA FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat 2 Thu - 05/24/2018	SEC Breakfast	
Juice, Variety 1 Milk - White 1% 1 Milk - Chocolate, Nonfat 2 Tue - 05/22/2018 2 SEC Breakfast 8REAKFAST, SANDWICH (SEC) Fruit Cup Variety, Breakfast 1 Juice, Variety 1 Milk - White 1% 1 Milk - Chocolate, Nonfat 2 Wed - 05/23/2018 3 SEC Breakfast 3 BREAKFAST, YOGURT & GRANOLA 6 FRESH FRUIT OF THE DAY 1 Juice, Variety 1 Milk - White 1% 1 Milk - Chocolate, Nonfat 2 Thu - 05/24/2018	BREAKFAST, FRNCH TST/SYP (SEC)	60
Milk - White 1% 1 Milk - Chocolate, Nonfat 2 Tue - 05/22/2018 SEC Breakfast SEC Breakfast 3 BREAKFAST, SANDWICH (SEC) 3 Fruit Cup Variety, Breakfast 1 Juice, Variety 1 Milk - White 1% 1 Milk - Chocolate, Nonfat 2 Wed - 05/23/2018 SEC Breakfast BREAKFAST, YOGURT & GRANOLA 6 FRESH FRUIT OF THE DAY 1 Juice, Variety 1 Milk - White 1% 1 Milk - Chocolate, Nonfat 2 Thu - 05/24/2018	FRESH FRUIT OF THE DAY	10
Milk - Chocolate, Nonfat Tue - 05/22/2018 SEC Breakfast BREAKFAST, SANDWICH (SEC) Fruit Cup Variety, Breakfast Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat SEC Breakfast BREAKFAST, YOGURT & GRANOLA FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - White 1% Thu - 05/24/2018	Juice, Variety	15
Tue - 05/22/2018 SEC Breakfast BREAKFAST, SANDWICH (SEC) 5 Fruit Cup Variety, Breakfast Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat SEC Breakfast BREAKFAST, YOGURT & GRANOLA FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - White 1% Milk - White 1% Milk - White 1% Milk - Chocolate, Nonfat 2 Milk - White 1% Milk - Chocolate, Nonfat Thu - 05/24/2018	Milk - White 1%	13
SEC Breakfast BREAKFAST, SANDWICH (SEC) Fruit Cup Variety, Breakfast Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat Wed - 05/23/2018 SEC Breakfast BREAKFAST, YOGURT & GRANOLA FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat 2 Thu - 05/24/2018	Milk - Chocolate, Nonfat	20
SEC Breakfast BREAKFAST, SANDWICH (SEC) Fruit Cup Variety, Breakfast Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat Wed - 05/23/2018 SEC Breakfast BREAKFAST, YOGURT & GRANOLA FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat 2 Thu - 05/24/2018		
BREAKFAST, SANDWICH (SEC) Fruit Cup Variety, Breakfast Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat Wed - 05/23/2018 SEC Breakfast BREAKFAST, YOGURT & GRANOLA FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat 2 Thu - 05/24/2018	Tue - 05/22/2018	
Fruit Cup Variety, Breakfast Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat Wed - 05/23/2018 SEC Breakfast BREAKFAST, YOGURT & GRANOLA FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat Thu - 05/24/2018	SEC Breakfast	
Juice, Variety 1 Milk - White 1% 1 Milk - Chocolate, Nonfat 2 Wed - 05/23/2018 SEC Breakfast BREAKFAST, YOGURT & GRANOLA 6 FRESH FRUIT OF THE DAY 1 Juice, Variety 1 Milk - White 1% 1 Milk - Chocolate, Nonfat 2 Thu - 05/24/2018	BREAKFAST, SANDWICH (SEC)	31
Milk - White 1% Milk - Chocolate, Nonfat Wed - 05/23/2018 SEC Breakfast BREAKFAST, YOGURT & GRANOLA FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat Thu - 05/24/2018	Fruit Cup Variety, Breakfast	17
Milk - Chocolate, Nonfat Wed - 05/23/2018 SEC Breakfast BREAKFAST, YOGURT & GRANOLA FRESH FRUIT OF THE DAY 1 Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat Thu - 05/24/2018	Juice, Variety	15
Wed - 05/23/2018 SEC Breakfast BREAKFAST, YOGURT & GRANOLA FRESH FRUIT OF THE DAY 1 Juice, Variety 1 Milk - White 1% Milk - Chocolate, Nonfat 2 Thu - 05/24/2018	Milk - White 1%	13
SEC Breakfast BREAKFAST, YOGURT & GRANOLA FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat Thu - 05/24/2018	Milk - Chocolate, Nonfat	20
BREAKFAST, YOGURT & GRANOLA FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat Thu - 05/24/2018	Wed - 05/23/2018	
FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat Thu - 05/24/2018	SEC Breakfast	
FRESH FRUIT OF THE DAY Juice, Variety Milk - White 1% Milk - Chocolate, Nonfat Thu - 05/24/2018		62
Juice, Variety 1 Milk - White 1% 1 Milk - Chocolate, Nonfat 2 Thu - 05/24/2018		10
Milk - White 1% 1 Milk - Chocolate, Nonfat 2 Thu - 05/24/2018		15
Milk - Chocolate, Nonfat 2 Thu - 05/24/2018		13
		20
050 P. 17.	Thu - 05/24/2018	
SEC Breakfast	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 - 05/25/2018	
SEC Breakfast	
BREAKFAST, SUNRISE MUFFIN	45
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 05/28/2018	
SEC Breakfast	
BREAKFAST, YOGURT & GRANOLA	62
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/29/2018	
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 - 05/30/2018	
SEC Breakfast	
BREAKFAST, FRNCH TST/SYP (SEC)	60
FRESH FRUIT OF THE DAY	10
Juice, Variety	15

Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/31/2018	
SEC Breakfast	
BREAKFAST, SANDWICH (SEC)	31
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20