

Carb Count Menu

4 Day ES Breakfast

Carbs (g)

Tue - 05/01/2018	
4 Day ES Breakfast	
BREAK BOWL EGG, SAU POT (ISM)	38
ELF GRAHAMS CRACKERS	21
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/02/2018	
4 Day ES Breakfast	
BREAKFAST, CEREAL, COLD ASST.	23
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/03/2018	
4 Day ES Breakfast	
BREAKFAST, MINI STUFFED BAGELS	41
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 05/07/2018	
4 Day ES Breakfast	
Yogurt, Greek	14
GOLDFISH GRAHAMS	19
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/08/2018	
4 Day ES Breakfast	
Turkey Stick, Smokehouse 17-18	-

Cheese, Colby Stick 17-18	-
ELF GRAHAMS CRACKERS	21
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/09/2018	
4 Day ES Breakfast	
BREAK BOWL EGG, SAU POT (ISM)	38
ELF GRAHAMS CRACKERS	21
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/10/2018	
4 Day ES Breakfast	
BREAKFAST, CEREAL, COLD ASST.	23
FRUIT CUPS	16
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 05/14/2018	
4 Day ES Breakfast	
BREAKFAST, CEREAL, COLD ASST.	23
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/15/2018	
4 Day ES Breakfast	
Yogurt, Greek	14
GOLDFISH GRAHAMS	19
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13

Milk - Chocolate, Nonfat	20
Wed - 05/16/2018	
4 Day ES Breakfast	
BREAK BOWL EGG, SAU POT (ISM)	38
ELF GRAHAMS CRACKERS	21
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/17/2018	
4 Day ES Breakfast	
BREAKFAST, MINI STUFFED BAGELS	41
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 05/21/2018	
4 Day ES Breakfast	
BREAKFAST, CEREAL, COLD ASST.	23
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/22/2018	
4 Day ES Breakfast	
BREAKFAST, TUR/EGG/CHS BURRITO	16
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/23/2018	
4 Day ES Breakfast	
BREAKFAST CRUMB CAKE	39
FRESH FRUIT OF THE DAY	10

Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Thu - 05/24/2018	
4 Day ES Breakfast	
BREAK BOWL EGG, SAU POT (ISM)	38
ELF GRAHAMS CRACKERS	21
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Mon - 05/28/2018	
4 Day ES Breakfast	
Yogurt, Greek	14
GOLDFISH GRAHAMS	19
FRESH FRUIT OF THE DAY	10
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Tue - 05/29/2018	
4 Day ES Breakfast	
BREAK BOWL EGG, SAU POT (ISM)	38
ELF GRAHAMS CRACKERS	21
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20
Wed - 05/30/2018	
4 Day ES Breakfast	
BREAKFAST, CEREAL, COLD ASST.	23
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20

Thu - 05/31/2018	
4 Day ES Breakfast	
BREAKFAST, MINI STUFFED BAGELS	41
Fruit Cup Variety, Breakfast	17
Juice, Variety	15
Milk - White 1%	13
Milk - Chocolate, Nonfat	20