



# Arlene's March 2024 K-8 Breakfast Menu

			<i>Carbs listed for each item in blue font</i>	1 Choc Chip Muffin (2wg) <b>26</b> Choc Muffin Top (1wg) <b>27</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>
4 Cereal Bar (1wg) <b>30</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	5 Corn Muffin (2wg) <b>36</b> Apple Chips (1/2c) <b>10</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	6 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	7 Banana Slice (2wg) <b>43</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	8 Straw Pull Apart Bagel (2wg) <b>42</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>
11 Berry Oatmeal Bar (2wg) <b>30</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	12 Choc Chip Muffin (2wg) <b>26</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	13 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	14 String Cheese & Choc Muffin Top (1wg) <b>27</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	15 Super Breakfast Ring (2wg) <b>29</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>
18  <b>No School</b>	19 Corn Muffin (2wg) <b>36</b> Apple Chips (1/2c) <b>10</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	20 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	21 Lemon Slice (2wg) <b>43</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	22 Cinnamon Puff Pastry (2wg) <b>41</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>
25 Berry Oatmeal Bar (2wg) <b>30</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	26 Super Breakfast Ring (2wg) <b>29</b> Craisins (1/2c) <b>34</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	27 Cinnamon Bun (2wg) <b>34</b> Applesauce (1/2c) <b>11</b> Juice (1/2c) <b>14</b> Choc/White Milk (1c) <b>19/13</b>	28  <b>No School</b>	29  <b>No School</b>

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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