

**HIGH SCHOOL DIABETIC BREAKFAST MENU (Oct - Dec 2018)**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<i>Entrée</i>	<i>Entrée</i>	<i>Entrée</i>	<i>Entrée</i>	<i>Entrée</i>
Mini Maple Burstin Pancakes 39g	Turkey Sausage Sandwich 14g	Chicken and Biscuit Sandwich 36g	Egg and Cheese Sandwich 19g	Mini Blueberry Eggo Pancakes 35g
Concha Bread 34g	Cinnamon Toast 45g	Egg and Cheese Burrito 42g	French Toast 28g	Egg and Cheese Burrito 42g
	Pumpkin Bread Slice 43g		Pumpkin Bread Slice	
Honey Bun 34g	Honey Bun 34g	Honey Bun 34g	Honey Bun 34g	Honey Bun 34g
Breakfast Bar, Oat/Choc Chip 47g	Breakfast Bar, Oat/Choc Chip 47g	Breakfast Bar, Oat/Choc Chip 47g	Breakfast Bar, Oat/Choc Chip 47g	Breakfast Bar, Oat/Choc Chip 47g
Sausage Breakfast Pizza 47g	Choc Chip Scone 54g	Sausage Breakfast Pizza 47g	Choc Chip Scone 54g	Sausage Breakfast Pizza 47g
Poptart, Frosted Cinn/ StrawB 75g	Buttermilk Bars Twin Pkg 47g	Poptart, Frosted Cinn/ StrawB 75g	Buttermilk Bars Twin Pkg 47g	Poptart, Frosted Cinn/ StrawB 75g
PBJ Gramwich 32g	PBJ Gramwich 32g	PBJ Gramwich 32g	PBJ Gramwich 32g	PBJ Gramwich 32g
Muffin Mix + Cheese 1g or Yogurt (4oz) 14g	Muffin Mix + Cheese 1g or Yogurt (4oz) 14g	Muffin Mix + Cheese 1g or Yogurt (4oz) 14g	Muffin Mix + Cheese 1g or Yogurt (4oz) 14g	Muffin Mix + Cheese 1g or Yogurt (4oz) 14g
<b>Cereal 2oz &amp; String Cheese</b> Choice of 1: Frosted Mini Spooners 47g; Honey Nut Scooters 46g, Raisin	<b>Cereal 2oz &amp; String Cheese</b> Choice of 1: Frosted Mini Spooners 47g; Honey Nut Scooters 46g, Raisin	<b>Cereal 2oz &amp; String Cheese</b> Choice of 1: Frosted Mini Spooners 47g; Honey Nut Scooters 46g, Raisin	<b>Cereal 2oz &amp; String Cheese</b> Choice of 1: Frosted Mini Spooners 47g; Honey Nut Scooters 46g, Raisin	<b>Cereal 2oz &amp; String Cheese</b> Choice of 1: Frosted Mini Spooners 47g; Honey Nut Scooters 46g, Raisin
<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>
Fruit Mix Brkfst. Choices: Apple raw w/skin 15g, Orange 15g, Banana 27g	Fruit Mix Brkfst. Choices: Apple raw w/skin 15g, Orange 15g, Banana 27g	Fruit Mix Brkfst. Choices: Apple raw w/skin 15g, Orange 15g, Banana 27g	Fruit Mix Brkfst. Choices: Apple raw w/skin 15g, Orange 15g, Banana 27g	Fruit Mix Brkfst. Choices: Apple raw w/skin 15g, Orange 15g, Banana 27g
Juice Mix, 4oz, MS/HS: Orange, Wildberry, Fruit punch, Apple	Juice Mix, 4oz,MS/HS: orange, wild-berry, fruit punch, apple	Juice Mix, 4oz,MS/HS: orange, wild-berry, fruit punch, apple	Juice Mix, 4oz,MS/HS: orange, wild-berry, fruit punch, apple	Juice Mix, 4oz,MS/HS: orange, wild-berry, fruit punch, apple
	Applesauce	Tangerine 16g	Canned Pears	Pineapple Spear 7g
<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
1% White 14g; Non-fat Chocolate 22g	1% White 14g; Non-fat Chocolate 22g	1% White 14g; Non-fat Chocolate 22g	1% White 14g; Non-fat Chocolate 22g	1% White 14g; Non-fat Chocolate 22g

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**

**Muffin Mix:** Blueberry muffin top (3.2oz) 33g, Chocolate Chip muffin (3.2oz) 43g, or Strawberry/Banana muffin 45g, Banana Loaf 31g