

March 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Mini Apple Bites (41g Carbs)
- Homemade Pancake/Waffle (27g Carbs)
- Golden Grahams Cereal (25g Carbs)
- Whole Wheat Toast (0g Carbs)
- Tater Tots (19g Carbs)
- Fresh Pears (23g Carbs)
- Diced Apricots (14g Carbs)
- Mixed Fruit Jelly (13g Carbs)
- Creamy Peanut Butter (6g Carbs)
- Dried Cranberries (33g Carbs)
- Maple Syrup (29g Carbs)
- Ketchup (5g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

4

- Buttermilk Pancakes (28g Carbs)
 - Homemade Pancake/Waffle (27g Carbs)
 - Tater Tots (19g Carbs)
 - Sliced Peaches (14g Carbs)
 - Applesauce (16g Carbs)
 - Mixed Fruit Jelly (13g Carbs)
 - Creamy Peanut Butter (6g Carbs)
 - Dried Cranberries (33g Carbs)
 - Maple Syrup (29g Carbs)
 - Ketchup (5g Carbs)
 - Fat Free Chocolate Milk (20g Carbs)
 - 1% White Milk (13g Carbs)
- Cinnamon Toast Cereal**
- Cinnamon Toast Crunch Cereal (25g Carbs)
 - SLICED, BREAD LOAF (14g Carbs)
 - Kix Cereal (25g Carbs)

5

- Ham/Egg/Cheese Sandwich (28g Carbs)
 - Homemade Pancake/Waffle (27g Carbs)
 - Tater Tots (19g Carbs)
 - Red Apples (25g Carbs)
 - Mixed Fruit (15g Carbs)
 - Mixed Fruit Jelly (13g Carbs)
 - Creamy Peanut Butter (6g Carbs)
 - Dried Cranberries (33g Carbs)
 - Maple Syrup (29g Carbs)
 - Ketchup (5g Carbs)
 - Fat Free Chocolate Milk (20g Carbs)
 - 1% White Milk (13g Carbs)
- Cocoa Puffs Cereal w/Toas**
- SLICED, BREAD LOAF (14g Carbs)
 - Cocoa Puffs Cereal (23g Carbs)
 - Honey Nut Cheerios Cereal (22g Carbs)

6

- French Toast Sticks (38g Carbs)
 - Homemade Pancake/Waffle (27g Carbs)
 - Tater Tots (19g Carbs)
 - Bananas (27g Carbs)
 - Mandarin Oranges (17g Carbs)
 - Mixed Fruit Jelly (13g Carbs)
 - Creamy Peanut Butter (6g Carbs)
 - Dried Cranberries (33g Carbs)
 - Maple Syrup (29g Carbs)
 - Ketchup (5g Carbs)
 - Fat Free Chocolate Milk (20g Carbs)
 - 1% White Milk (13g Carbs)
- Cookie Crisp Cereal w/Toast**
- SLICED, BREAD LOAF (14g Carbs)
 - Cookie Crisp Cereal (22g Carbs)
 - Raisin Bran Cereal (44g Carbs)

7

- Sausage & Egg Sandwich (33g Carbs)
 - Homemade Pancake/Waffle (27g Carbs)
 - Tater Tots (19g Carbs)
 - Oranges (25g Carbs)
 - Pineapple Chunks (22g Carbs)
 - Mixed Fruit Jelly (13g Carbs)
 - Creamy Peanut Butter (6g Carbs)
 - Dried Cranberries (33g Carbs)
 - Maple Syrup (29g Carbs)
 - Ketchup (5g Carbs)
 - Fat Free Chocolate Milk (20g Carbs)
 - 1% White Milk (13g Carbs)
- Trix Cereal w/Toast**
- SLICED, BREAD LOAF (14g Carbs)
 - Trix Cereal (27g Carbs)
 - Cheerios Cereal (20g Carbs)

8

- Cinnamon Roll (41g Carbs)
 - Homemade Pancake/Waffle (27g Carbs)
 - Tater Tots (19g Carbs)
 - Fresh Pears (23g Carbs)
 - Diced Apricots (14g Carbs)
 - Mixed Fruit Jelly (13g Carbs)
 - Creamy Peanut Butter (6g Carbs)
 - Dried Cranberries (33g Carbs)
 - Maple Syrup (29g Carbs)
 - Ketchup (5g Carbs)
 - Fat Free Chocolate Milk (20g Carbs)
 - 1% White Milk (13g Carbs)
- Reese's Puffs Cereal w/Toast**
- SLICED, BREAD LOAF (14g Carbs)
 - Golden Grahams Cereal (25g Carbs)

11

- Strawberry & Yogurt Parfait (55g Carbs)
 - Homemade Pancake/Waffle (27g Carbs)
 - Tater Tots (19g Carbs)
 - Applesauce (16g Carbs)
 - Sliced Peaches (14g Carbs)
 - Mixed Fruit Jelly (13g Carbs)
 - Creamy Peanut Butter (6g Carbs)
 - Dried Cranberries (33g Carbs)
 - Maple Syrup (29g Carbs)
 - Ketchup (5g Carbs)
 - Fat Free Chocolate Milk (20g Carbs)
 - 1% White Milk (13g Carbs)
- Cinnamon Toast Cereal**
- Cinnamon Toast Crunch Cereal (25g Carbs)
 - SLICED, BREAD LOAF (14g Carbs)
 - Kix Cereal (25g Carbs)

12

- Breakfast Pizza (27g Carbs)
 - Homemade Pancake/Waffle (27g Carbs)
 - Tater Tots (19g Carbs)
 - Red Apples (25g Carbs)
 - Mixed Fruit (15g Carbs)
 - Mixed Fruit Jelly (13g Carbs)
 - Creamy Peanut Butter (6g Carbs)
 - Dried Cranberries (33g Carbs)
 - Maple Syrup (29g Carbs)
 - Ketchup (5g Carbs)
 - Fat Free Chocolate Milk (20g Carbs)
 - 1% White Milk (13g Carbs)
- Cocoa Puffs Cereal w/Toas**
- SLICED, BREAD LOAF (14g Carbs)
 - Cocoa Puffs Cereal (23g Carbs)
 - Honey Nut Cheerios Cereal (22g Carbs)

13

- Pancake on a Stick (17g Carbs)
 - Homemade Pancake/Waffle (27g Carbs)
 - Tater Tots (19g Carbs)
 - Bananas (27g Carbs)
 - Mandarin Oranges (17g Carbs)
 - Mixed Fruit Jelly (13g Carbs)
 - Creamy Peanut Butter (6g Carbs)
 - Dried Cranberries (33g Carbs)
 - Maple Syrup (29g Carbs)
 - Ketchup (5g Carbs)
 - Fat Free Chocolate Milk (20g Carbs)
 - 1% White Milk (13g Carbs)
- Cookie Crisp Cereal w/Toast**
- SLICED, BREAD LOAF (14g Carbs)
 - Cookie Crisp Cereal (22g Carbs)
 - Raisin Bran Cereal (44g Carbs)

14

- Egg & Cheese Breakfast Wrap (16g Carbs)
 - Homemade Pancake/Waffle (27g Carbs)
 - Oranges (25g Carbs)
 - Pineapple Chunks (22g Carbs)
 - Tater Tots (19g Carbs)
 - Mixed Fruit Jelly (13g Carbs)
 - Creamy Peanut Butter (6g Carbs)
 - Dried Cranberries (33g Carbs)
 - Maple Syrup (29g Carbs)
 - Ketchup (5g Carbs)
 - Fat Free Chocolate Milk (20g Carbs)
 - 1% White Milk (13g Carbs)
- Trix Cereal w/Toast**
- SLICED, BREAD LOAF (14g Carbs)
 - Trix Cereal (27g Carbs)
 - Cheerios Cereal (20g Carbs)

15

- Mini Apple Bites (41g Carbs)
 - Homemade Pancake/Waffle (27g Carbs)
 - Fresh Pears (23g Carbs)
 - Diced Apricots (14g Carbs)
 - Tater Tots (19g Carbs)
 - Mixed Fruit Jelly (13g Carbs)
 - Creamy Peanut Butter (6g Carbs)
 - Dried Cranberries (33g Carbs)
 - Maple Syrup (29g Carbs)
 - Ketchup (5g Carbs)
 - Fat Free Chocolate Milk (20g Carbs)
 - 1% White Milk (13g Carbs)
- Reese's Puffs Cereal w/Toast**
- SLICED, BREAD LOAF (14g Carbs)
 - Golden Grahams Cereal (25g Carbs)

18

- Buttermilk Pancakes (28g Carbs)
 - Homemade Pancake/Waffle (27g Carbs)
 - Tater Tots (19g Carbs)
 - Applesauce (16g Carbs)
 - Sliced Peaches (14g Carbs)
 - Mixed Fruit Jelly (13g Carbs)
 - Creamy Peanut Butter (6g Carbs)
 - Dried Cranberries (33g Carbs)
 - Maple Syrup (29g Carbs)
 - Ketchup (5g Carbs)
 - Fat Free Chocolate Milk (20g Carbs)
 - 1% White Milk (13g Carbs)
- Cinnamon Toast Cereal**
- Cinnamon Toast Crunch Cereal (25g Carbs)
 - SLICED, BREAD LOAF (14g Carbs)
 - Kix Cereal (25g Carbs)

19

- Breakfast Pizza (27g Carbs)
 - Homemade Pancake/Waffle (27g Carbs)
 - Tater Tots (19g Carbs)
 - Red Apples (25g Carbs)
 - Mixed Fruit (15g Carbs)
 - Mixed Fruit Jelly (13g Carbs)
 - Creamy Peanut Butter (6g Carbs)
 - Dried Cranberries (33g Carbs)
 - Maple Syrup (29g Carbs)
 - Ketchup (5g Carbs)
 - Fat Free Chocolate Milk (20g Carbs)
 - 1% White Milk (13g Carbs)
- Cocoa Puffs Cereal w/Toas**
- SLICED, BREAD LOAF (14g Carbs)
 - Cocoa Puffs Cereal (23g Carbs)
 - Honey Nut Cheerios Cereal (22g Carbs)

20

- French Toast Sticks (38g Carbs)
 - Homemade Pancake/Waffle (27g Carbs)
 - Tater Tots (19g Carbs)
 - Bananas (27g Carbs)
 - Mandarin Oranges (17g Carbs)
 - Mixed Fruit Jelly (13g Carbs)
 - Creamy Peanut Butter (6g Carbs)
 - Dried Cranberries (33g Carbs)
 - Maple Syrup (29g Carbs)
 - Ketchup (5g Carbs)
 - Fat Free Chocolate Milk (20g Carbs)
 - 1% White Milk (13g Carbs)
- Cookie Crisp Cereal w/Toast**
- SLICED, BREAD LOAF (14g Carbs)
 - Cookie Crisp Cereal (22g Carbs)
 - Raisin Bran Cereal (44g Carbs)

21

- Egg & Cheese English Muffin (26g Carbs)
 - Homemade Pancake/Waffle (27g Carbs)
 - Tater Tots (19g Carbs)
 - Oranges (25g Carbs)
 - Pineapple Chunks (22g Carbs)
 - Mixed Fruit Jelly (13g Carbs)
 - Creamy Peanut Butter (6g Carbs)
 - Dried Cranberries (33g Carbs)
 - Maple Syrup (29g Carbs)
 - Ketchup (5g Carbs)
 - Fat Free Chocolate Milk (20g Carbs)
 - 1% White Milk (13g Carbs)
- Trix Cereal w/Toast**
- SLICED, BREAD LOAF (14g Carbs)
 - Trix Cereal (27g Carbs)
 - Cheerios Cereal (20g Carbs)

22

25**26****27****28****29**

- French Toast Crunch Breakfast Bar (42g Carbs)
- Homemade Pancake/Waffle (27g Carbs)
- Tater Tots (19g Carbs)
- Bananas (27g Carbs)
- Mandarin Oranges (17g Carbs)
- Mixed Fruit Jelly (13g Carbs)
- Creamy Peanut Butter (6g Carbs)
- Dried Cranberries (33g Carbs)
- Maple Syrup (29g Carbs)
- Ketchup (5g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)
- Cookie Crisp Cereal w/Toast**
- SLICED, BREAD LOAF (14g Carbs)
- Cookie Crisp Cereal (22g Carbs)
- Raisin Bran Cereal (44g Carbs)
- Pancake on a Stick (17g Carbs)
- Homemade Pancake/Waffle (27g Carbs)
- Tater Tots (19g Carbs)
- Oranges (25g Carbs)
- Pineapple Chunks (22g Carbs)
- Mixed Fruit Jelly (13g Carbs)
- Creamy Peanut Butter (6g Carbs)
- Dried Cranberries (33g Carbs)
- Maple Syrup (29g Carbs)
- Ketchup (5g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)
- Trix Cereal w/Toast**
- SLICED, BREAD LOAF (14g Carbs)
- Trix Cereal (27g Carbs)
- Cheerios Cereal (20g Carbs)
- Cinnamon Roll (41g Carbs)
- Homemade Pancake/Waffle (27g Carbs)
- Tater Tots (19g Carbs)
- Fresh Pears (23g Carbs)
- Diced Apricots (14g Carbs)
- Mixed Fruit Jelly (13g Carbs)
- Creamy Peanut Butter (6g Carbs)
- Dried Cranberries (33g Carbs)
- Maple Syrup (29g Carbs)
- Ketchup (5g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)
- Reese's Puffs Cereal w/Toast**
- SLICED, BREAD LOAF (14g Carbs)
- Golden Grahams Cereal (25g Carbs)

Fresh Fruit Variety: Red Apples (25g Carbs), Green Apple (21g Carbs), Bananas (27g Carbs), Seedless Grapes (8g Carbs), Oranges (25g Carbs), Clementines (27g Carbs), Fresh Pears (23g Carbs), Plums (8g Carbs)

Condiments: Mixed Fruit Jelly (13g Carbs), Creamy Peanut Butter (425g Carbs), Dried Cranberries (132g Carbs), Maple Syrup (57g Carbs), Ketchup (5g Carbs)

Assorted Milk: 1% White Milk (13g Carbs), Fat Free Chocolate Milk (20g Carbs)

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