

Arlene's August 2025 K-8 Breakfast Menu



<i>Carbs listed for each item in blue font</i>				
				1 Cinnamon Toast Crunch Pastry (2wg) 40 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
4 Apple Cinnamon Oatmeal Round (2wg) 39 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	5 Super Breakfast Ring (1g) 27 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	6 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	7 Banana Bread (2wg) 43 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	8 Strawberry Pull Apart Bagel (2wg) 42 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
11 CTC Cereal Bar (1wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	12 Chocolate Muffin Top (1wg) 30 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	13 Cinnamon Bun (2wg) 34 Peach Fruit Cup (1/2c) 21 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	14 Cherry Strudel Pastry (2wg) 38 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	15 Chocolate Muffin (2wg) 36 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
18 Banana/Choc Oatmeal Round (2wg) 39 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	19 Blueberry Muffin (2wg) 36 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	20 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	21 Pumpkin Bread (2wg) 43 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	22 Super Breakfast Ring (1g) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13
25 Fruit Loops Cereal Pouch (1wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	26 Strawberry Pop Tart (1wg) 38 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	27 Cinnamon Bun (2wg) 34 Peach Fruit Cup (1/2c) 21 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	28 Apple Strudel Pastry (2wg) 38 Craisins (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 19/13	29 Cinnamon Toast Crunch Pastry (2wg) 40 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 19/13

MENU SUBJECT TO CHANGE
 MENU CONTAINS MILK, EGG, WHEAT AND SOY PRODUCTS; ALLERGEN INFO INCLUDED ON BACK OF DAILY DELIVERY SLIP
 NO PORK, PEANUTS OR FISH PRODUCTS SERVED AT ANY TIME
 THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER