

# School Year 2022 – 2023 Monthly Breakfast Menu with Carb Counts

## August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>8</b> <b>Cinnamon Roll</b> 36 g <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g	<b>9</b> <b>Scrambled Eggs 1 oz. 0</b> <b>WG Toast</b> 15 g	<b>10</b> <b>Muffin Choice</b> Apple Cinnamon 2.25 oz. - 60 g Banana Nut 4 oz. - 61 g Blueberry 4 oz. - 60 g Chocolate Chip 4 oz. - 60 g <b>Head Start – Cheese Toast</b> 17 g	<b>11</b> <b>Biscuit</b> 24 g <b>Brk. Sausage Patty 1 oz. 0</b>	<b>12</b> <b>Breakfast Pizza</b> 27 g
<b>15</b> <b>Pancake on a Stick</b> 21.6 g <b>Head Start – Cheese Toast</b> 17 g	<b>16</b> <b>Cereal 2 oz. cup WG</b> Honey Nut Cheerio 2 oz. - 45 g Lucky Charms 2 oz. - 46 g Cinnamon Toast 2 oz. - 44 g Cocoa Puff 2 oz. - 47 g	<b>17</b> <b>Mini Pancakes, IW</b> Maple 35 g Confetti 36 g	<b>18</b> <b>Biscuit</b> 24 g <b>Brk. Chicken Patty 1 oz. 9 g</b>	<b>19</b> <b>Pop Tart 2 pk.</b> 75 g <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g
<b>22</b> <b>Donuts</b> 37 g <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g	<b>23</b> <b>Grits ½ c = 29 g</b> <b>Scrambled Eggs 1 oz. 0</b> <b>WG Toast</b> 15 g	<b>24</b> <b>Muffin Choice</b> Apple Cinnamon 2.25 oz. - 60 g Banana Nut 4 oz. - 61 g Blueberry 4 oz. - 60 g Chocolate Chip 4 oz. - 60 g <b>Head Start – Cheese Toast</b> 17 g	<b>25</b> <b>Biscuit</b> 24 g <b>Brk. Sausage Patty 1 oz. 0</b>	<b>26</b> <b>Breakfast Pizza</b> 27 g
<b>29</b> <b>Pancake on a Stick</b> 21.6 g <b>Head Start – Cheese Toast</b> 17 g	<b>30</b> <b>Cereal 2 oz. cup WG</b> Honey Nut Cheerio 2 oz. - 45 g Lucky Charms 2 oz. - 46 g Cinnamon Toast 2 oz. - 44 g Cocoa Puff 2 oz. - 47 g	<b>31</b> <b>Mini Waffles, IW</b> 35 g	<b>Milk - 8 oz. serving</b> Chocolate 20 g, Strawberry 19 g, White Skim 13 g, White 1% 13 g, Lactaid Fat Free 13 g, Soy Milk 4 g  <u><b>All 100% Juice is ½ cup servings</b></u> Apple 14 g, Fruit Blend 14 g, Grape 19 g, Orange Blend 14 g, Pineapple 16 g, Vegetable Juice 10 G	
<p><b>All Fruit Choice are ½ cup servings – fresh, frozen, and canned</b></p> <p><b>Fresh</b> - Apple 8 g, Banana 26 g, Cantaloupe 7.22 g, Grapes 14 g, Honeydew Melon 8 g, Oranges 10.58 g, Pear 12.76 g, Strawberries 5.82 g, Watermelon 5.74 g, <b>Frozen</b> - Blueberries 10 g, Strawberries 22 g, Frozen Juice Rush 27 g <b>Canned</b> - Applesauce, cups 14 g, Apple Slices 12 g, Fruit Mix 17 g, Mandarin Oranges 11.92 g, Peaches, diced 14 g, Peaches, sliced 14 g, Pears, diced 16 g, Pears, sliced 15 g, Pineapple chunks 19 g, Pineapple, tidbits 15 g <b>Dried Fruit</b> - Raisins Lemon 28 g, Tropical 29 g, Pineapple 28, Craisins 27 g each</p> <p><b>New Grain Items:</b>                      Apple Fritter 35 g, Chocolate Donut 41 g, Powdered Donut 43 g, French Toast Sticks (3 sticks) 42 g, Cheese Croissant 29 g</p>				

All calculations were researched and prepared by Mary Couty, SFS Field Manager, using manufacturers' product information and the Exchange List for Diabetes.

# School Year 2022 – 2023 Monthly Breakfast Menu with Carb Counts

## September 2022

All calculations were researched and prepared by Mary Couty, SFS Field Manager, using manufacturers' product information and the Exchange List for Diabetes.

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Biscuit 24 g Brk. Chicken Patty 1 oz. 9 g	<b>2</b> Mini Bagel 42 g Head Start- Cereal 1 oz. Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g
<b>5</b> <b>Labor Day - Holiday</b>	<b>8</b> <b>Muffin Choice</b> Apple Cinnamon 2.25 oz. - 60 g Banana Nut 4 oz. - 61 g Blueberry 4 oz. - 60 g Chocolate Chip 4 oz. - 60 g Head Start – Cheese Toast 17 g	<b>9</b> Scrambled Eggs 1 oz. 0 WG Toast 15 g	<b>10</b> Biscuit 24 g Brk. Sausage Patty 1 oz. 0	<b>11</b> Cinnamon Roll 36 g Head Start- Cereal 1 oz. Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g
<b>12</b> Pancake on a Stick 21.6 g Head Start – Cheese Toast 17 g	<b>13</b> <b>Cereal 2 oz. cup WG</b> Honey Nut Cheerio 2 oz. - 45 g Lucky Charms 2 oz. - 46 g Cinnamon Toast 2 oz. - 44 g Cocoa Puff 2 oz. - 47 g	<b>14</b> Mini Pancakes, IW Maple 35 g Confetti 36 g	<b>15</b> Biscuit 24 g Brk. Chicken Patty 1 oz. 9 g	<b>16</b> Pop Tart 2 pk. 75 g Head Start- Cereal 1 oz. Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g
<b>19</b> Donuts 37 g Head Start- Cereal 1 oz. Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g	<b>20</b> Grits ½ c = 29 g Scrambled Eggs 1 oz. 0 WG Toast 15 g	<b>21</b> <b>Muffin Choice</b> Apple Cinnamon 2.25 oz. - 60 g Banana Nut 4 oz. - 61 g Blueberry 4 oz. - 60 g Chocolate Chip 4 oz. - 60 g Head Start – Cheese Toast 17 g	<b>22</b> Biscuit 24 g Brk. Sausage Patty 1 oz. 0	<b>23</b> Breakfast Pizza 27 g
<b>26</b> Pancake on a Stick 21.6 g Head Start – Cheese Toast 17 g	<b>27</b> <b>Cereal 2 oz. cup WG</b> Honey Nut Cheerio 2 oz. - 45 g Lucky Charms 2 oz. - 46 g Cinnamon Toast 2 oz. - 44 g Cocoa Puff 2 oz. - 47 g	<b>28</b> Mini Waffles, IW 35 g	<b>29</b> Biscuit 24 g Brk. Chicken Patty 1 oz. 9 g	<b>30</b> Mini Bagel 42 g Head Start- Cereal 1 oz. Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g

**Milk - 8 oz. serving**

Chocolate 20 g, Strawberry 19 g, White Skim 13 g, White 1% 13 g, Lactaid Fat Free 13 g, Soy Milk 4 g

**All 100% Juice is ½ cup servings**

Apple 14 g, Fruit Blend 14 g, Grape 19 g, Orange Blend 14 g, Pineapple 16 g, Vegetable Juice 10 G

**All Fruit Choice are ½ cup servings – fresh, frozen, and canned**

**Fresh** - Apple 8 g, Banana 26 g, Cantaloupe 7.22 g, Grapes 14 g, Honeydew Melon 8 g, Oranges 10.58 g, Pear 12.76 g, Strawberries 5.82 g, Watermelon 5.74 g, **Frozen** - Blueberries 10 g, Strawberries 22 g, Frozen Juice Rush 27 g **Canned** - Applesauce, cups 14 g, Apple Slices 12 g, Fruit Mix 17 g, Mandarin Oranges 11.92 g, Peaches, diced 14 g, Peaches, sliced 14 g, Pears, diced 16 g, Pears, sliced 15 g, Pineapple chunks 19 g, Pineapple, tidbits 15 g **Dried Fruit** - Raisins Lemon 28 g, Tropical 29 g, Pineapple 28, Craisins 27 g each **New Grain Items:** Apple Fritter 35 g, Chocolate Donut 41 g, Powdered Donut 43 g, French Toast Sticks (3 sticks) 42 g, Cheese Croissant 29 g

# School Year 2022 – 2023 Monthly Breakfast Menu with Carb Counts

## October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Cinnamon Roll</b> 36 g <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g	<b>4</b> <b>Scrambled Eggs 1 oz. 0</b> <b>WG Toast</b> 15 g	<b>5</b> <b>Muffin Choice</b> Apple Cinnamon 2.25 oz. - 60 g Banana Nut 4 oz. - 61 g Blueberry 4 oz. - 60 g Chocolate Chip 4 oz. - 60 g <b>Head Start – Cheese Toast</b> 17 g	<b>6</b> <b>Biscuit</b> 24 g <b>Brk. Sausage Patty 1 oz. 0</b>	<b>7</b> <b>Breakfast Pizza</b> 27 g
<b>10</b> <b>Pancake on a Stick</b> 21.6 g <b>Head Start – Cheese Toast</b> 17 g	<b>11</b> <b>Cereal 2 oz. cup WG</b> Honey Nut Cheerio 2 oz. - 45 g Lucky Charms 2 oz. - 46 g Cinnamon Toast 2 oz. - 44 g Cocoa Puff 2 oz. - 47 g	<b>12</b> <b>Mini Pancakes, IW</b> Maple 35 g Confetti 36 g	<b>13</b> <b>Biscuit</b> 24 g <b>Brk. Chicken Patty 1 oz. 9 g</b>	<b>14</b> <b>Pop Tart 2 pk.</b> 75 g <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g
<b>17</b>  Fall Break – Holiday	<b>18</b>  No Students – Inservice: all employees work	<b>19</b> <b>Donuts</b> 37 g <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g	<b>20</b> <b>Grits ½ c =</b> 29 g <b>Scrambled Eggs 1 oz. 0</b> <b>WG Toast</b> 15 g	<b>21</b> <b>Muffin Choice</b> Apple Cinnamon 2.25 oz. - 60 g Banana Nut 4 oz. - 61 g Blueberry 4 oz. - 60 g Chocolate Chip 4 oz. - 60 g <b>Head Start – Cheese Toast</b> 17 g
<b>24</b> <b>Pancake on a Stick</b> 21.6 g <b>Head Start – Cheese Toast</b> 17 g	<b>25</b> <b>Cereal 2 oz. cup WG</b> Honey Nut Cheerio 2 oz. - 45 g Lucky Charms 2 oz. - 46 g Cinnamon Toast 2 oz. - 44 g Cocoa Puff 2 oz. - 47 g	<b>26</b> <b>Mini Waffles, IW</b> 35 g	<b>27</b> <b>Biscuit</b> 24 g <b>Brk. Chicken Patty 1 oz. 9 g</b>	<b>28</b> <b>Mini Bagel</b> 42 g <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g
<b>31</b> <b>Cinnamon Roll</b> 36 g <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g	<b>Milk - 8 oz. serving</b> Chocolate 20 g, Strawberry 19 g, White Skim 13 g, White 1% 13 g, Lactaid Fat Free 13 g, Soy Milk 4 g <b><u>All 100% Juice is ½ cup servings</u></b> Apple 14 g, Fruit Blend 14 g, Grape 19 g, Orange Blend 14 g, Pineapple 16 g, Vegetable Juice 10 G <b><u>All Fruit Choice are ½ cup servings – fresh, frozen, and canned</u></b> <b>Fresh</b> - Apple 8 g, Banana 26 g, Cantaloupe 7.22 g, Grapes 14 g, Honeydew Melon 8 g, Oranges 10.58 g, Pear 12.76 g, Strawberries 5.82 g, Watermelon 5.74 g, <b>Frozen</b> - Blueberries 10 g, Strawberries 22 g, Frozen Juice Rush 27 g <b>Canned</b> - Applesauce, cups 14 g, Apple Slices 12 g, Fruit Mix 17 g, Mandarin Oranges 11.92 g, Peaches, diced 14 g, Peaches, sliced 14 g, Pears, diced 16 g, Pears, sliced 15 g, Pineapple chunks 19 g, Pineapple, tidbits 15 g <b>Dried Fruit</b> - Raisins Lemon 28 g, Tropical 29 g, Pineapple 28, Craisins 27 g each <b>New Grain Items:</b> Apple Fritter 35 g, Chocolate Donut 41 g, Powdered Donut 43 g, French Toast Sticks (3 sticks) 42 g, Cheese Croissant 29 g			

All calculations were researched and prepared by Mary Couty, SFS Field Manager, using manufacturers’ product information and the Exchange List for Diabetes.

# School Year 2022 – 2023 Monthly Breakfast Menu with Carb Counts

## November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>Scrambled Eggs 1 oz. 0</b> <b>WG Toast 15 g</b>	<b>2</b> <b>Muffin Choice</b> Apple Cinnamon 2.25 oz. - 60 g Banana Nut 4 oz. - 61 g Blueberry 4 oz. - 60 g Chocolate Chip 4 oz. - 60 g <b>Head Start – Cheese Toast 17 g</b>	<b>3</b> <b>Biscuit 24 g</b> <b>Brk. Sausage Patty 1 oz. 0</b>	<b>4</b> <b>Breakfast Pizza 27 g</b>
<b>7</b> <b>Pancake on a Stick 21.6 g</b> <b>Head Start – Cheese Toast 17 g</b>	<b>8</b> <b>Election Day – No School</b>	<b>9</b> <b>Mini Pancakes, IW</b> Maple 35 g Confetti 36 g	<b>10</b> <b>Biscuit 24 g</b> <b>Brk. Chicken Patty 1 oz. 9 g</b>	<b>11</b> <b>Head Start- Cereal 1 oz.</b> <b>Cereal 2 oz. cup WG</b> Honey Nut Cheerio 2 oz. - 45 g Lucky Charms 2 oz. - 46 g Cinnamon Toast 2 oz. - 44 g Cocoa Puff 2 oz. - 47 g
<b>14</b> <b>Donuts 37 g</b> <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g	<b>15</b> <b>Grits ½ c = 29 g</b> <b>Scrambled Eggs 1 oz. 0</b> <b>WG Toast 15 g</b>	<b>16</b> <b>Muffin Choice</b> Apple Cinnamon 2.25 oz. - 60 g Banana Nut 4 oz. - 61 g Blueberry 4 oz. - 60 g Chocolate Chip 4 oz. - 60 g <b>Head Start – Cheese Toast 17 g</b>	<b>17</b> <b>Biscuit 24 g</b> <b>Brk. Sausage Patty 1 oz. 0</b>	<b>18</b> <b>Breakfast Pizza 27 g</b>
<b>Thanksgiving Holiday</b> <b>November 21 – 25</b>				
<b>28</b> <b>Pancake on a Stick 21.6 g</b> <b>Head Start – Cheese Toast 17 g</b>	<b>29</b> <b>Cereal 2 oz. cup WG</b> Honey Nut Cheerio 2 oz. - 45 g Lucky Charms 2 oz. - 46 g Cinnamon Toast 2 oz. - 44 g Cocoa Puff 2 oz. - 47 g	<b>30</b> <b>Mini Waffles, IW 35 g</b>		
<b>Milk - 8 oz. serving</b> Chocolate 20 g, Strawberry 19 g, White Skim 13 g, White 1% 13 g, Lactaid Fat Free 13 g, Soy Milk 4 g <b><u>All 100% Juice is ½ cup servings</u></b> Apple 14 g, Fruit Blend 14 g, Grape 19 g, Orange Blend 14 g, Pineapple 16 g, Vegetable Juice 10 G <b><u>All Fruit Choice are ½ cup servings – fresh, frozen, and canned</u></b> <b>Fresh</b> - Apple 8 g, Banana 26 g, Cantaloupe 7.22 g, Grapes 14 g, Honeydew Melon 8 g, Oranges 10.58 g, Pear 12.76 g, Strawberries 5.82 g, Watermelon 5.74 g, <b>Frozen</b> - Blueberries 10 g, Strawberries 22 g, Frozen Juice Rush 27 g <b>Canned</b> - Applesauce, cups 14 g, Apple Slices 12 g, Fruit Mix 17 g, Mandarin Oranges 11.92 g, Peaches, diced 14 g, Peaches, sliced 14 g, Pears, diced 16 g, Pears, sliced 15 g, Pineapple chunks 19 g, Pineapple, tidbits 15 g <b>Dried Fruit</b> - Raisins Lemon 28 g, Tropical 29 g, Pineapple 28, Craisins 27 g each <b><u>New Grain Items:</u></b> Apple Fritter 35 g, Chocolate Donut 41 g, Powdered Donut 43 g, French Toast Sticks (3 sticks) 42 g, Cheese Croissant 29 g				

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# School Year 2022 – 2023 Monthly Breakfast Menu with Carb Counts

December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>Biscuit</b> 24 g <b>Brk. Chicken Patty 1 oz.</b> 9 g	<b>2</b> <b>Mini Bagel</b> 42 g <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g
<b>5</b> <b>Cinnamon Roll</b> 36 g <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g	<b>6</b> <b>Scrambled Eggs 1 oz.</b> 0 <b>WG Toast</b> 15 g	<b>7</b> <b>Muffin Choice</b> Apple Cinnamon 2.25 oz. - 60 g Banana Nut 4 oz. - 61 g Blueberry 4 oz. - 60 g Chocolate Chip 4 oz. - 60 g <b>Head Start – Cheese Toast</b> 17 g	<b>8</b> <b>Biscuit</b> 24 g <b>Brk. Sausage Patty 1 oz.</b> 0	<b>9</b> <b>Breakfast Pizza</b> 27 g
<b>12</b> <b>Pancake on a Stick</b> 21.6 g <b>Head Start – Cheese Toast</b> 17 g	<b>13</b> <b>Cereal 2 oz. cup WG</b> Honey Nut Cheerio 2 oz. - 45 g Lucky Charms 2 oz. - 46 g Cinnamon Toast 2 oz. - 44 g Cocoa Puff 2 oz. - 47 g	<b>14</b> <b>Mini Pancakes, IW</b> Maple 35 g Confetti 36 g	<b>15</b> <b>Biscuit</b> 24 g <b>Brk. Chicken Patty 1 oz.</b> 9 g	<b>16</b> <b>Pop Tart 2 pk.</b> 75 g <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g

Winter/Christmas Break December 19 – 30

**Milk - 8 oz. serving**

Chocolate 20 g, Strawberry 19 g, White Skim 13 g, White 1% 13 g, Lactaid Fat Free 13 g, Soy Milk 4 g

**All 100% Juice is ½ cup servings**

Apple 14 g, Fruit Blend 14 g, Grape 19 g, Orange Blend 14 g, Pineapple 16 g, Vegetable Juice 10 G

**All Fruit Choice are ½ cup servings – fresh, frozen, and canned**

**Fresh** - Apple 8 g, Banana 26 g, Cantaloupe 7.22 g, Grapes 14 g, Honeydew Melon 8 g, Oranges 10.58 g, Pear 12.76 g, Strawberries 5.82 g, Watermelon 5.74 g, **Frozen** - Blueberries 10 g, Strawberries 22 g, Frozen Juice Rush 27 g **Canned** - Applesauce, cups 14 g, Apple Slices 12 g, Fruit Mix 17 g, Mandarin Oranges 11.92 g, Peaches, diced 14 g, Peaches, sliced 14 g, Pears, diced 16 g, Pears, sliced 15 g, Pineapple chunks 19 g, Pineapple, tidbits 15 g **Dried Fruit** - Raisins Lemon 28 g, Tropical 29 g, Pineapple 28, Craisins 27 g each

**New Grain Items:**

Apple Fritter 35 g, Chocolate Donut 41 g, Powdered Donut 43 g, French Toast Sticks (3 sticks) 42 g, Cheese Croissant 29 g

All calculations were researched and prepared by Mary Couty, SFS Field Manager, using manufacturers’ product information and the Exchange List for Diabetes.

# School Year 2022 – 2023 Monthly Breakfast Menu with Carb Counts

## January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Winter Break</b>	<b>3</b> <b>Winter Break</b> No Students – Inservice: only managers work	<b>4</b> <b>Muffin Choice</b> Apple Cinnamon 2.25 oz. - 60 g Banana Nut 4 oz. - 61 g Blueberry 4 oz. - 60 g Chocolate Chip 4 oz. - 60 g <b>Head Start – Cheese Toast 17 g</b>	<b>5</b> <b>Biscuit 24 g</b> <b>Brk. Sausage Patty 1 oz. 0</b>	<b>6</b> <b>Breakfast Pizza 27 g</b>
<b>9</b> <b>Pancake on a Stick 21.6 g</b> <b>Head Start – Cheese Toast 17 g</b>	<b>10</b> <b>Cereal 2 oz. cup WG</b> Honey Nut Cheerio 2 oz. - 45 g Lucky Charms 2 oz. - 46 g Cinnamon Toast 2 oz. - 44 g Cocoa Puff 2 oz. - 47 g	<b>11</b> <b>Mini Waffles, IW 35 g</b>	<b>12</b> <b>Biscuit 24 g</b> <b>Brk. Chicken Patty 1 oz. 9 g</b>	<b>13</b> <b>Mini Bagel 42 g</b> <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g
<b>16</b> <b>Martin Luther King, Jr Holiday</b>	<b>17</b> <b>Muffin Choice</b> Apple Cinnamon 2.25 oz. - 60 g Banana Nut 4 oz. - 61 g Blueberry 4 oz. - 60 g Chocolate Chip 4 oz. - 60 g <b>Head Start – Cheese Toast 17 g</b>	<b>18</b> <b>Breakfast Pizza 27 g</b>	<b>19</b> <b>Biscuit 24 g</b> <b>Brk. Sausage Patty 1 oz. 0</b>	<b>20</b> <b>Scrambled Eggs 1 oz. 0</b> <b>WG Toast 15 g</b>
<b>23</b> <b>Pancake on a Stick 21.6 g</b> <b>Head Start – Cheese Toast 17 g</b>	<b>24</b> <b>Cereal 2 oz. cup WG</b> Honey Nut Cheerio 2 oz. - 45 g Lucky Charms 2 oz. - 46 g Cinnamon Toast 2 oz. - 44 g Cocoa Puff 2 oz. - 47 g	<b>25</b> <b>Mini Pancakes, IW</b> Maple 35 g Confetti 36 g	<b>26</b> <b>Biscuit 24 g</b> <b>Brk. Chicken Patty 1 oz. 9 g</b>	<b>27</b> <b>Pop Tart 2 pk. 75 g</b> <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g
<b>30</b> <b>Donuts 37 g</b> <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g	<b>31</b> <b>Grits ½ c = 29 g</b> <b>Scrambled Eggs 1 oz. 0</b> <b>WG Toast 15 g</b>	<b>Milk - 8 oz. serving</b> Chocolate 20 g, Strawberry 19 g, White Skim 13 g, White 1% 13 g, Lactaid Fat Free 13 g, Soy Milk 4 g <u><b>All 100% Juice is ½ cup servings</b></u> Apple 14 g, Fruit Blend 14 g, Grape 19 g, Orange Blend 14 g, Pineapple 16 g, Vegetable Juice 10 G <u><b>All Fruit Choice are ½ cup servings – fresh, frozen, and canned</b></u> <b>Fresh</b> - Apple 8 g, Banana 26 g, Cantaloupe 7.22 g, Grapes 14 g, Honeydew Melon 8 g, Oranges 10.58 g, Pear 12.76 g, Strawberries 5.82 g, Watermelon 5.74 g, <b>Frozen</b> - Blueberries 10 g, Strawberries 22 g, Frozen Juice Rush 27 g <b>Canned</b> - Applesauce, cups 14 g, Apple Slices 12 g, Fruit Mix 17 g, Mandarin Oranges 11.92 g, Peaches, diced 14 g, Peaches, sliced 14 g, Pears, diced 16 g, Pears, sliced 15 g, Pineapple chunks 19 g, Pineapple, tidbits 15 g <b>Dried Fruit</b> - Raisins Lemon 28 g, Tropical 29 g, Pineapple 28, Craisins 27 g each <u><b>New Grain Items:</b></u> Apple Fritter 35 g, Chocolate Donut 41 g, Powdered Donut 43 g, French Toast Sticks (3 sticks) 42 g, Cheese Croissant 29 g		

All calculations were researched and prepared by Mary Couty, SFS Field Manager, using manufacturers' product information and the Exchange List for Diabetes.

# School Year 2022 – 2023 Monthly Breakfast Menu with Carb Counts

## February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Muffin Choice</b> Apple Cinnamon 2.25 oz. - 60 g Banana Nut 4 oz. - 61 g Blueberry 4 oz. - 60 g Chocolate Chip 4 oz. - 60 g <b>Head Start – Cheese Toast 17 g</b>	<b>2</b> <b>Biscuit 24 g</b> <b>Brk. Sausage Patty 1 oz. 0</b>	<b>3</b> <b>Breakfast Pizza 27 g</b>
<b>6</b> <b>Pancake on a Stick 21.6 g</b> <b>Head Start – Cheese Toast 17 g</b>	<b>7</b> <b>Cereal 2 oz. cup WG</b> Honey Nut Cheerio 2 oz. - 45 g Lucky Charms 2 oz. - 46 g Cinnamon Toast 2 oz. - 44 g Cocoa Puff 2 oz. - 47 g	<b>8</b> <b>Mini Waffles, IW 35 g</b>	<b>9</b> <b>Biscuit 24 g</b> <b>Brk. Chicken Patty 1 oz. 9 g</b>	<b>10</b> <b>Mini Bagel 42 g</b> <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g
<b>13</b> <b>Cinnamon Roll 36 g</b> <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g	<b>14</b> <b>Scrambled Eggs 1 oz. 0</b> <b>WG Toast 15 g</b>	<b>15</b> <b>Muffin Choice</b> Apple Cinnamon 2.25 oz. - 60 g Banana Nut 4 oz. - 61 g Blueberry 4 oz. - 60 g Chocolate Chip 4 oz. - 60 g <b>Head Start – Cheese Toast 17 g</b>	<b>16</b> <b>Biscuit 24 g</b> <b>Brk. Sausage Patty 1 oz. 0</b>	<b>17</b> <b>Breakfast Pizza 27 g</b>
20 Lundi Gras Holiday	21 Mardi Gras Holiday	<b>22</b> <b>Mini Pancakes, IW</b> Maple 35 g Confetti 36 g	<b>23</b> <b>Biscuit 24 g</b> <b>Brk. Chicken Patty 1 oz. 9 g</b>	<b>24</b> <b>Pop Tart 2 pk. 75 g</b> <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g
<b>27</b> <b>Donuts 37 g</b> <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g	<b>28</b> <b>Muffin Choice</b> Apple Cinnamon 2.25 oz. - 60 g Banana Nut 4 oz. - 61 g Blueberry 4 oz. - 60 g Chocolate Chip 4 oz. - 60 g <b>Head Start – Cheese Toast 17 g</b>	<b>Milk - 8 oz. serving</b> Chocolate 20 g, Strawberry 19 g, White Skim 13 g, White 1% 13 g, Lactaid Fat Free 13 g, Soy Milk 4 g <u><b>All 100% Juice is ½ cup servings</b></u> Apple 14 g, Fruit Blend 14 g, Grape 19 g, Orange Blend 14 g, Pineapple 16 g, Vegetable Juice 10 G <u><b>All Fruit Choice are ½ cup servings – fresh, frozen, and canned</b></u> <b>Fresh</b> - Apple 8 g, Banana 26 g, Cantaloupe 7.22 g, Grapes 14 g, Honeydew Melon 8 g, Oranges 10.58 g, Pear 12.76 g, Strawberries 5.82 g, Watermelon 5.74 g, <b>Frozen</b> - Blueberries 10 g, Strawberries 22 g, Frozen Juice Rush 27 g <b>Canned</b> - Applesauce, cups 14 g, Apple Slices 12 g, Fruit Mix 17 g, Mandarin Oranges 11.92 g, Peaches, diced 14 g, Peaches, sliced 14 g, Pears, diced 16 g, Pears, sliced 15 g, Pineapple chunks 19 g, Pineapple, tidbits 15 g <b>Dried Fruit</b> - Raisins Lemon 28 g, Tropical 29 g, Pineapple 28, Craisins 27 g each <u><b>New Grain Items:</b></u> Apple Fritter 35 g, Chocolate Donut 41 g, Powdered Donut 43 g, French Toast Sticks (3 sticks) 42 g, Cheese Croissant 29 g		

All calculations were researched and prepared by Mary Couty, SFS Field Manager, using manufacturers' product information and the Exchange List for Diabetes.

# School Year 2022 – 2023 Monthly Breakfast Menu with Carb Counts

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Breakfast Pizza</b> 27 g	<b>2</b> <b>Biscuit</b> 24 g <b>Brk. Sausage Patty</b> 1 oz. 0	<b>3</b> <b>Grits</b> ½ c = 29 g <b>Scrambled Eggs</b> 1 oz. 0 <b>WG Toast</b> 15 g
<b>6</b> <b>Pancake on a Stick</b> 21.6 g <b>Head Start – Cheese Toast</b> 17 g	<b>7</b> <b>Cereal 2 oz. cup WG</b> Honey Nut Cheerio 2 oz. - 45 g Lucky Charms 2 oz. - 46 g Cinnamon Toast 2 oz. - 44 g Cocoa Puff 2 oz. - 47 g	<b>8</b> <b>Mini Waffles, IW</b> 35 g	<b>9</b> <b>Biscuit</b> 24 g <b>Brk. Chicken Patty</b> 1 oz. 9 g	<b>10</b> <b>Mini Bagel</b> 42 g <b>Head Start- Cereal</b> 1 oz. Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g
<b>13</b> <b>Cinnamon Roll</b> 36 g <b>Head Start- Cereal</b> 1 oz. Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g	<b>14</b> <b>Breakfast Pizza</b> 27 g	<b>15</b> <b>Muffin Choice</b> Apple Cinnamon 2.25 oz. - 60 g Banana Nut 4 oz. - 61 g Blueberry 4 oz. - 60 g Chocolate Chip 4 oz. - 60 g <b>Head Start – Cheese Toast</b> 17 g	<b>16</b> <b>Biscuit</b> 24 g <b>Brk. Sausage Patty</b> 1 oz. 0	<b>17</b> <b>Scrambled Eggs</b> 1 oz. 0 <b>WG Toast</b> 15 g
<b>20</b> <b>Pancake on a Stick</b> 21.6 g <b>Head Start – Cheese Toast</b> 17 g	<b>21</b> <b>Cereal 2 oz. cup WG</b> Honey Nut Cheerio 2 oz. - 45 g Lucky Charms 2 oz. - 46 g Cinnamon Toast 2 oz. - 44 g Cocoa Puff 2 oz. - 47 g	<b>22</b> <b>Mini Pancakes, IW</b> Maple 35 g Confetti 36 g	<b>23</b> <b>Biscuit</b> 24 g <b>Brk. Chicken Patty</b> 1 oz. 9 g	<b>24</b> <b>Pop Tart</b> 2 pk. 75 g <b>Head Start- Cereal</b> 1 oz. Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g
<b>27</b> <b>Donuts</b> 37 g <b>Head Start- Cereal</b> 1 oz. Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g	<b>28</b> <b>Breakfast Pizza</b> 27 g	<b>29</b> <b>Muffin Choice</b> Apple Cinnamon 2.25 oz. - 60 g Banana Nut 4 oz. - 61 g Blueberry 4 oz. - 60 g Chocolate Chip 4 oz. - 60 g <b>Head Start – Cheese Toast</b> 17 g	<b>30</b> <b>Biscuit</b> 24 g <b>Brk. Sausage Patty</b> 1 oz. 0	<b>31</b> <b>Grits</b> ½ c = 29 g <b>Scrambled Eggs</b> 1 oz. 0 <b>WG Toast</b> 15 g

**Milk - 8 oz. serving**

Chocolate 20 g, Strawberry 19 g, White Skim 13 g, White 1% 13 g, Lactaid Fat Free 13 g, Soy Milk 4 g

**All 100% Juice is ½ cup servings**

Apple 14 g, Fruit Blend 14 g, Grape 19 g, Orange Blend 14 g, Pineapple 16 g, Vegetable Juice 10 G

**All Fruit Choice are ½ cup servings – fresh, frozen, and canned**

**Fresh** - Apple 8 g, Banana 26 g, Cantaloupe 7.22 g, Grapes 14 g, Honeydew Melon 8 g, Oranges 10.58 g, Pear 12.76 g, Strawberries 5.82 g, Watermelon 5.74 g, **Frozen** - Blueberries 10 g, Strawberries 22 g, Frozen Juice Rush 27 g **Canned** - Applesauce, cups 14 g, Apple Slices 12 g, Fruit Mix 17 g, Mandarin Oranges 11.92 g, Peaches, diced 14 g, Peaches, sliced 14 g, Pears, diced 16 g, Pears, sliced 15 g, Pineapple chunks 19 g, Pineapple, tidbits 15 g **Dried Fruit** - Raisins Lemon 28 g, Tropical 29 g, Pineapple 28, Craisins 27 g each **New Grain Items:** Apple Fritter 35 g, Chocolate Donut 41 g, Powdered Donut 43 g, French Toast Sticks (3 sticks) 42 g, Cheese Croissant 29 g

All calculations were researched and prepared by Mary Couty, SFS Field Manager, using manufacturers' product information and the Exchange List for Diabetes.



# School Year 2022 – 2023 Monthly Breakfast Menu with Carb Counts

April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Pancake on a Stick</b> 21.6 g <b>Head Start – Cheese Toast</b> 17 g	<b>4</b> <b>Cereal 2 oz. cup WG</b> Honey Nut Cheerio 2 oz. - 45 g Lucky Charms 2 oz. - 46 g Cinnamon Toast 2 oz. - 44 g Cocoa Puff 2 oz. - 47 g	<b>5</b> <b>Mini Waffles, IW</b> 35 g	<b>6</b> <b>Biscuit</b> 24 g <b>Brk. Chicken Patty 1 oz.</b> 9 g	<b>7</b> <b>Good Friday Holiday</b>
<h2 style="margin: 0;">Spring Break April 7 – 14</h2>				
<b>13</b> <b>Cinnamon Roll</b> 36 g <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g	<b>14</b> <b>Scrambled Eggs 1 oz. 0</b> <b>WG Toast</b> 15 g	<b>15</b> <b>Muffin Choice</b> Apple Cinnamon 2.25 oz. - 60 g Banana Nut 4 oz. - 61 g Blueberry 4 oz. - 60 g Chocolate Chip 4 oz. - 60 g <b>Head Start – Cheese Toast</b> 17 g	<b>16</b> <b>Biscuit</b> 24 g <b>Brk. Sausage Patty 1 oz.</b> 0	<b>17</b> <b>Breakfast Pizza</b> 27 g
<b>24</b> <b>Pancake on a Stick</b> 21.6 g <b>Head Start – Cheese Toast</b> 17 g	<b>25</b> <b>Cereal 2 oz. cup WG</b> Honey Nut Cheerio 2 oz. - 45 g Lucky Charms 2 oz. - 46 g Cinnamon Toast 2 oz. - 44 g Cocoa Puff 2 oz. - 47 g	<b>26</b> <b>Mini Pancakes, IW</b> Maple 35 g Confetti 36 g	<b>27</b> <b>Biscuit</b> 24 g <b>Brk. Chicken Patty 1 oz.</b> 9 g	<b>28</b> <b>Pop Tart 2 pk.</b> 75 g <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g
<b>Milk - 8 oz. serving</b> Chocolate 20 g, Strawberry 19 g, White Skim 13 g, White 1% 13 g, Lactaid Fat Free 13 g, Soy Milk 4 g <u><b>All 100% Juice is ½ cup servings</b></u> Apple 14 g, Fruit Blend 14 g, Grape 19 g, Orange Blend 14 g, Pineapple 16 g, Vegetable Juice 10 G <u><b>All Fruit Choice are ½ cup servings – fresh, frozen, and canned</b></u> <b>Fresh</b> - Apple 8 g, Banana 26 g, Cantaloupe 7.22 g, Grapes 14 g, Honeydew Melon 8 g, Oranges 10.58 g, Pear 12.76 g, Strawberries 5.82 g, Watermelon 5.74 g, <b>Frozen</b> - Blueberries 10 g, Strawberries 22 g, Frozen Juice Rush 27 g <b>Canned</b> - Applesauce, cups 14 g, Apple Slices 12 g, Fruit Mix 17 g, Mandarin Oranges 11.92 g, Peaches, diced 14 g, Peaches, sliced 14 g, Pears, diced 16 g, Pears, sliced 15 g, Pineapple chunks 19 g, Pineapple, tidbits 15 g <b>Dried Fruit</b> - Raisins Lemon 28 g, Tropical 29 g, Pineapple 28, Craisins 27 g each <u><b>New Grain Items:</b></u> Apple Fritter 35 g, Chocolate Donut 41 g, Powdered Donut 43 g, French Toast Sticks (3 sticks) 42 g, Cheese Croissant 29 g				

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# School Year 2022 – 2023 Monthly Breakfast Menu with Carb Counts

May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Donuts</b> 37 g <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g	<b>2</b> <b>Grits</b> ½ c = 29 g <b>Scrambled Eggs 1 oz. 0</b> <b>WG Toast</b> 15 g	<b>3</b> <b>Muffin Choice</b> Apple Cinnamon 2.25 oz. - 60 g Banana Nut 4 oz. - 61 g Blueberry 4 oz. - 60 g Chocolate Chip 4 oz. - 60 g <b>Head Start – Cheese Toast</b> 17 g	<b>4</b> <b>Biscuit</b> 24 g <b>Brk. Sausage Patty 1 oz. 0</b>	<b>5</b> <b>Breakfast Pizza</b> 27 g
<b>8</b> <b>Pancake on a Stick</b> 21.6 g <b>Head Start – Cheese Toast</b> 17 g	<b>9</b> <b>Cereal 2 oz. cup WG</b> Honey Nut Cheerio 2 oz. - 45 g Lucky Charms 2 oz. - 46 g Cinnamon Toast 2 oz. - 44 g Cocoa Puff 2 oz. - 47 g	<b>10</b> <b>Mini Waffles, IW</b> 35 g	<b>11</b> <b>Biscuit</b> 24 g <b>Brk. Chicken Patty 1 oz. 9 g</b>	<b>12</b> <b>Mini Bagel</b> 42 g <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g
<b>15</b> <b>Cinnamon Roll</b> 36 g <b>Head Start- Cereal 1 oz.</b> Multi Grain Cheerio 1 oz.- 23 g Rice Chex 1 oz. cup - 24 g Cinnamon Chex 1 oz. cup - 22 g	<b>16</b> <b>Scrambled Eggs 1 oz. 0</b> <b>WG Toast</b> 15 g	<b>17</b> <b>Muffin Choice</b> Apple Cinnamon 2.25 oz. - 60 g Banana Nut 4 oz. - 61 g Blueberry 4 oz. - 60 g Chocolate Chip 4 oz. - 60 g <b>Head Start – Cheese Toast</b> 17 g	<b>18</b> <b>Biscuit</b> 24 g <b>Brk. Sausage Patty 1 oz. 0</b>	<b>19</b> <b>Manager Choice</b>
<b>22</b> <b>Manager Choice</b>				

**Milk - 8 oz. serving**  
 Chocolate 20 g, Strawberry 19 g, White Skim 13 g, White 1% 13 g, Lactaid Fat Free 13 g, Soy Milk 4 g  
**All 100% Juice is ½ cup servings**  
 Apple 14 g, Fruit Blend 14 g, Grape 19 g, Orange Blend 14 g, Pineapple 16 g, Vegetable Juice 10 G  
**All Fruit Choice are ½ cup servings – fresh, frozen, and canned**  
**Fresh** - Apple 8 g, Banana 26 g, Cantaloupe 7.22 g, Grapes 14 g, Honeydew Melon 8 g, Oranges 10.58 g, Pear 12.76 g, Strawberries 5.82 g, Watermelon 5.74 g, **Frozen** - Blueberries 10 g, Strawberries 22 g, Frozen Juice Rush 27 g **Canned** - Applesauce, cups 14 g, Apple Slices 12 g, Fruit Mix 17 g, Mandarin Oranges 11.92 g, Peaches, diced 14 g, Peaches, sliced 14 g, Pears, diced 16 g, Pears, sliced 15 g, Pineapple chunks 19 g, Pineapple, tidbits 15 g **Dried Fruit** - Raisins Lemon 28 g, Tropical 29 g, Pineapple 28, Craisins 27 g each  
**New Grain Items:**  
 Apple Fritter 35 g, Chocolate Donut 41 g, Powdered Donut 43 g, French Toast Sticks (3 sticks) 42 g, Cheese Croissant 29 g

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