

AM Circle of Friends Menu

November 2017

<p>30</p> <p>Chocolate Chip Breakfast Round (44g carbohydrate)</p> <p>1% Milk (11g carbohydrate)</p> <p>M W S E</p>	<p>31</p> <p>Scooby Doo Cinnamon Grahams (21g carbohydrate)</p> <p>100% Apple Juice (14g carbohydrate)</p> <p>W S</p>	<p>1</p> <p>French Toast Crunchmania (37g carbohydrate)</p> <p>1% Milk (11g carbohydrate)</p> <p>W S M</p>	<p>2</p> <p>Apple Cinnamon Cheerios Cereal Bar (30g carbohydrate)</p> <p>100% Fruit Juice (14g carbohydrate)</p> <p>W S</p>	<p>3</p> <p>Strawberry Banana Yogurt (20g carbohydrate)</p> <p>100% Apple Juice (14g carbohydrate)</p> <p>M</p>
<p>6</p> <p>Froot Loops (24g carbohydrate)</p> <p>100% Fruit Juice (14g carbohydrate)</p> <p>W S</p>	<p>7</p> <p>Apple Cinnamon Muffin (30g carbohydrate)</p> <p>1% Milk (11g carbohydrate)</p> <p>M W S E</p>	<p>8</p> <p>Gripz Chocolate Chip Graham Bites (20g carbohydrate)</p> <p>100% Fruit Juice (14g carbohydrate)</p> <p>M W S</p>	<p>9</p> <p>Red Delicious Apple (16.5g carbohydrate)</p> <p>1% Milk (11g carbohydrate)</p> <p>M</p>	<p>10</p> <p>Strawberry Poptarts (38g carbohydrate)</p> <p>100% Apple Juice (14g carbohydrate)</p> <p>W S</p>
<p>13</p> <p>Chocolate Muffin (32g carbohydrate)</p> <p>100% Apple Juice (14g carbohydrate)</p> <p>W E S M</p>	<p>14</p> <p>Cheerios (20g carbohydrate)</p> <p>1% Milk (11g carbohydrate)</p> <p>M</p>	<p>15</p> <p>Frosted Flakes Cereal Pouch (24g carbohydrate)</p> <p>100% Apple Juice (14g carbohydrate)</p> <p>W</p>	<p>16</p> <p>Bug Bites Grahams (21g carbohydrate)</p> <p>1% Milk (11g carbohydrate)</p> <p>M W S</p>	<p>17</p> <p>Cocoa Puffs Cereal Bar (30g carbohydrate)</p> <p>100% Fruit Juice (14g carbohydrate)</p> <p>W S</p>



FALL BREAK



<p>27</p> <p>Red Delicious Apple (16.5g carbohydrate)</p> <p>1% Milk (11g carbohydrate)</p> <p>M</p>	<p>28</p> <p>Cinnamon Poptarts (37g carbohydrate)</p> <p>100% Fruit Juice (14g carbohydrate)</p> <p>W S</p>	<p>29</p> <p>Vanilla Yogurt (16g carbohydrate)</p> <p>100% Apple Juice (14g carbohydrate)</p> <p>M</p>	<p>30</p> <p>Blueberry Muffin (31g carbohydrate)</p> <p>1% Milk (11g carbohydrate)</p> <p>M W E S</p>	<p>1</p> <p>Animal Crackers (21g carbohydrate)</p> <p>100% Fruit Juice (14g carbohydrate)</p> <p>W S</p>
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Allergen Code:

M – Milk
E – Egg
S – Soy
W – Wheat

If your student has any food allergies or special dietary restrictions, feel free to contact the Aramark office at

847-551-8485