

# AM Circle of Friends Snack Menu

November 2018

29

Cocoa Puffs Bar  
(30g carbohydrate)

1% Milk  
(11g carbohydrate)

W S

30

Cinnamon Pop Tarts  
(37g carbohydrate)

100% Fruit Juice  
(14g carbohydrate)

W S

31

Chocolate Muffin  
(32g carbohydrate)

1% Milk  
(11g carbohydrate)

M E S W

1

Raspberry Yogurt  
(15g carbohydrate)

Banana  
(18g carbohydrate)

M

2

Animal Crackers  
(21g carbohydrate)

Apple  
(16.5g carbohydrate)

W S

5

Chocolate Chip  
Breakfast Round  
(44g carbohydrate)

100% Apple Juice  
(14g carbohydrate)

M W S E

6

Scooby Doo  
Cinnamon Grahams  
(21g carbohydrate)

Apple  
(16.5g carbohydrate)

W S

7

French Toast  
Crunchmania  
(37g carbohydrate)

100% Fruit Juice  
(14g carbohydrate)

W S M

8

Strawberry Banana  
Yogurt  
(25g carbohydrate)

Banana  
(18g carbohydrate)

M

9

Apple Cinnamon  
Cheerios Bar  
(30g carbohydrate)

1% Milk  
(11g carbohydrate)

M W S

12

Strawberry Frosted  
PopTart  
(38g carbohydrate)

1% Milk  
(11g carbohydrate)

S W

13

Bagel (29g carbohydrate)  
with Cream Cheese  
(2g carbohydrate)

100% Fruit Juice  
(14g carbohydrate)

W M

14

Cinnamon Toast  
Crunch Bar  
(30g carbohydrate)

Apple  
(16.5g carbohydrate)

S W

15

Cheese Stick  
(4g carbohydrate)

Banana  
(18g carbohydrate)

M

16

Blueberry Muffin  
(31g carbohydrate)

1% Milk  
(11g carbohydrate)

M E S W

## Have A Happy Fall Break!



26

Mini Cinnin  
(40g carbohydrate)

Apple  
(16.5g carbohydrate)

M W

27

Team Cheerios Bar  
(30g carbohydrate)

100% Fruit Juice  
(14g carbohydrate)

W S

28

Apple Jacks Cereal  
Pouch  
(24g carbohydrate)

1% Milk  
(11g carbohydrate)

M W

29

Cheese Stick  
(4g carbohydrate)

Banana  
(18g carbohydrate)

M

30

Betty Crocker  
Chocolate Chip Oat  
Bar  
(24g carbohydrate)

100% Apple Juice  
(14g carbohydrate)

M E S W

### 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