

AM Circle of Friends Menu

September 2017

28

Chocolate Chip Breakfast Round
(44g carbohydrate)

1% Milk
(11g carbohydrate)

M W S E

29

Scooby Doo Cinnamon Grahams
(21g carbohydrate)

100% Apple Juice
(14g carbohydrate)

W S

30

French Toast Crunchmania
(37g carbohydrate)

1% Milk
(11g carbohydrate)

W S M

31

Apple Cinnamon Cheerios Cereal Bar
(30g carbohydrate)

100% Fruit Juice
(14g carbohydrate)

W S

1

Strawberry Banana Yogurt
(20g carbohydrate)

100% Apple Juice
(14g carbohydrate)

M

4

No School



5

Apple Cinnamon Muffin
(30g carbohydrate)

1% Milk
(11g carbohydrate)

M W S E

6

Gripz Chocolate Chip Graham Bites
(20g carbohydrate)

100% Fruit Juice
(14g carbohydrate)

M W S

7

Red Delicious Apple
(16.5g carbohydrate)

1% Milk
(11g carbohydrate)

M

8

Strawberry Poptarts
(38g carbohydrate)

100% Apple Juice
(14g carbohydrate)

W S

11

Chocolate Muffin
(32g carbohydrate)

100% Apple Juice
(14g carbohydrate)

W E S M

12

Cheerios
(20g carbohydrate)

1% Milk
(11g carbohydrate)

M

13

Frosted Flakes Cereal Pouch
(24g carbohydrate)

100% Apple Juice
(14g carbohydrate)

W

14

Bug Bites Grahams
(21g carbohydrate)

1% Milk
(11g carbohydrate)

M W S

15

Cocoa Puffs Cereal Bar
(30g carbohydrate)

100% Fruit Juice
(14g carbohydrate)

W S

18

Cinnamon Bun Crunchmania
(37g carbohydrate)

100% Fruit Juice
(14g carbohydrate)

W M S

19

Trix Cereal Bar
(30g carbohydrate)

100% Apple Juice
(14g carbohydrate)

W S

20

Apple Jacks Cereal Pouch
(24g carbohydrate)

1% Milk
(11g carbohydrate)

M W

21

Banana Muffin
(31g carbohydrate)

1% Milk
(11g carbohydrate)

M W E S

22

Betty Crocker Chocolate Chip Oat Bar
(23g carbohydrate)

100% Fruit Juice
(14g carbohydrate)

M W E S

25

Chocolate Chip Breakfast Round
(44g carbohydrate)

1% Milk
(11g carbohydrate)

M W S E

26

Scooby Doo Cinnamon Grahams
(21g carbohydrate)

100% Apple Juice
(14g carbohydrate)

W S

27

French Toast Crunchmania
(37g carbohydrate)

1% Milk
(11g carbohydrate)

W S M

28

Apple Cinnamon Cheerios Cereal Bar
(30g carbohydrate)

100% Fruit Juice
(14g carbohydrate)

W S

29

Strawberry Banana Yogurt
(20g carbohydrate)

100% Apple Juice
(14g carbohydrate)

M



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