

# AM Circle of Friends Menu

## April 2018

**30**

Froot Loops  
(24g carbohydrate)

100% Fruit Juice  
(14g carbohydrate)

**W S**

**1**

Scooby Doo  
Cinnamon Grahams  
(21g carbohydrate)

100% Apple Juice  
(14g carbohydrate)

**W S**

**2**

Banana Muffin  
(31g carbohydrate)

1% Milk  
(11g carbohydrate)

**E W S M**

**3**

Apple Cinnamon  
Cheerios Cereal Bar  
(30g carbohydrate)

100% Fruit Juice  
(14g carbohydrate)

**W S**

**4**

Strawberry Banana  
Yogurt  
(20g carbohydrate)

100% Apple Juice  
(14g carbohydrate)

**M**

**7**

Chocolate Muffin  
(32g carbohydrate)

100% Apple Juice  
(14g carbohydrate)

**W E S M**

**8**

Cheerios  
(20g carbohydrate)

1% Milk  
(11g carbohydrate)

**M**

**9**

Frosted Flakes  
Cereal Pouch  
(24g carbohydrate)

100% Apple Juice  
(14g carbohydrate)

**W**

**10**

Bug Bites Grahams  
(21g carbohydrate)

1% Milk  
(11g carbohydrate)

**M W S**

**11**

Cocoa Puffs Cereal  
Bar  
(30g carbohydrate)

100% Fruit Juice  
(14g carbohydrate)

**W S**

**14**

Cinnamon Bun  
Crunchmania  
(37g carbohydrate)

100% Fruit Juice  
(14g carbohydrate)

**W M S**

**15**

Trix Cereal Bar  
(30g carbohydrate)

100% Apple Juice  
(14g carbohydrate)

**W S**

**16**

Apple Jacks Cereal  
Pouch  
(24g carbohydrate)

1% Milk  
(11g carbohydrate)

**M W**

**17**

Banana Muffin  
(31g carbohydrate)

1% Milk  
(11g carbohydrate)

**M W E S**

**18**

Betty Crocker  
Chocolate Chip Oat  
Bar  
(23g carbohydrate)

100% Fruit Juice  
(14g carbohydrate)

**M W E S**

**21**

Red Delicious Apple  
(16.5g carbohydrate)

1% Milk  
(11g carbohydrate)

**M**

**22**

Cinnamon Poptarts  
(37g carbohydrate)

100% Fruit Juice  
(14g carbohydrate)

**W S**

**23**

Raspberry Yogurt  
(15g carbohydrate)

100% Apple Juice  
(14g carbohydrate)

**M**

**24**

Blueberry Muffin  
(31g carbohydrate)

1% Milk  
(11g carbohydrate)

**M W E S**

**25**

Have a Happy &  
Safe Summer!



**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