

PM Circle of Friends Snack Menu


November 2018

<p>29</p> <p>Pretzel Goldfish (16g carbohydrate)</p> <p>100% Orange Juice (12g carbohydrate)</p> <p>M W</p>	<p>30</p> <p>Banana Muffin (31g carbohydrate)</p> <p>1% Milk (11g carbohydrate)</p> <p>E S W M</p>	<p>31</p> <p>Red Delicious Apple (16.5g carbohydrate)</p> <p>Chocolate Milk (20g carbohydrate)</p> <p>M</p>	<p>1</p> <p>Strawberry Frosted PopTart (38g carbohydrate)</p> <p>100% Apple Juice (14g carbohydrate)</p> <p>S W</p>	<p>2</p> <p>Funyuns (Baked) (14g carbohydrate)</p> <p>100% Fruit Juice (14g carbohydrate)</p> <p>M</p>
<p>5</p> <p>Blueberry Muffin (31g carbohydrate)</p> <p>100% Fruit Juice (14g carbohydrate)</p> <p>E S W</p>	<p>6</p> <p>Raspberry Yogurt (15g carbohydrate)</p> <p>100% Grape Juice (18g carbohydrate)</p> <p>M</p>	<p>7</p> <p>Carnival Cookie (27g carbohydrate)</p> <p>1% Milk (11g carbohydrate)</p> <p>E M S W</p>	<p>8</p> <p>Bagel w/Grape Jelly (29g/9g carbohydrate)</p> <p>Chocolate Milk (20g carbohydrate)</p> <p>W M</p>	<p>9</p> <p>Nacho Cheese Doritos (20g carbohydrate)</p> <p>Bottled Water</p> <p>M</p>
<p>12</p> <p>Heartzels (15g carbohydrate)</p> <p>Bottled Water</p> <p>W</p>	<p>13</p> <p>Ultimate Breakfast Round (44g carbohydrate)</p> <p>Chocolate Milk (20g carbohydrate)</p> <p>M W</p>	<p>14</p> <p>Chocolate Muffin (32g carbohydrate)</p> <p>1% Milk (11g carbohydrate)</p> <p>E S W M</p>	<p>15</p> <p>Baby Carrots (4.7g carbohydrate) Ranch Dressing (2g carbohydrate) 100% Grape Juice (18g carbohydrate)</p> <p>M</p>	<p>16</p> <p>Crunchy Baked Cheetos (16g carbohydrate)</p> <p>100% Fruit Juice (14g carbohydrate)</p> <p>M</p>

Have A Happy Fall Break!



<p>26</p> <p>Apple Cinnamon Muffin (30g carbohydrate)</p> <p>100% Grape Juice (18g carbohydrate)</p> <p>E S W</p>	<p>27</p> <p>Chocolate Chip Gripz (20g carbohydrate)</p> <p>Bottled Water</p> <p>M S W</p>	<p>28</p> <p>Trix Cereal Bowl (24g carbohydrate)</p> <p>1% Milk (11g carbohydrate)</p> <p>M</p>	<p>29</p> <p>Chocolate Chip Cookie (27g carbohydrate)</p> <p>100% Fruit Juice (14g carbohydrate)</p> <p>E M S W</p>	<p>30</p> <p>Cool Ranch Doritos (20g carbohydrate)</p> <p>100% Apple Juice (14g carbohydrate)</p> <p>M</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