

PM Circle of Friends Menu

May 2017

1

Cheddar Goldfish
(14g carbohydrate)

100% Fruit Juice
(14g carbohydrate)

M W S

2

Strawberry Banana
Yogurt
(16g carbohydrate)

100% Apple Juice
(14g carbohydrate)

M

3

Fresh Banana
(17.7g carbohydrate)

Chocolate Milk
(20g carbohydrate)

M

4

Cocoa Puffs Cereal
Bar
(30g carbohydrate)

1% Milk
(11g carbohydrate)

M W S

5

Cheez-It Crackers
(14g carbohydrate)

100% Fruit Juice
(14g carbohydrate)

W M S

8

Sun Chips Harvest
Cheddar Snack Mix
(15g carbohydrate)

100% Fruit Juice
(14g carbohydrate)

W M

9

Frosted Fudge
Poptart
(38g carbohydrate)

1% Milk
(11g carbohydrate)

W S M

10

Baby Carrots
(4.7g carbohydrate)
Ranch Dressing
(2g carbohydrate)
Chocolate Milk
(20g carbohydrate)

M

11

String Cheese
(1g carbohydrate)

100% Apple Juice
(14g carbohydrate)

M

12

Chocolate
Elf Grahams
(20g carbohydrate)

100% Fruit Juice
(14g carbohydrate)

W S

15

Scooby Doo Fruit
Snacks
(21.4g carbohydrate)

1% Milk
(11g carbohydrate)

M

16

Fresh Apple
(16.5g carbohydrate)

Chocolate Milk
(20g carbohydrate)

M

17

Trix Cereal Bar
(30g carbohydrate)

100% Fruit Juice
(14g carbohydrate)

W S

18

Banana Muffin
(31g carbohydrate)

1% Milk
(11g carbohydrate)

W E S M

19

White Cheddar
Popcorn
(9g carbohydrate)

100% Apple Juice
(14g carbohydrate)

M

22

Animal Crackers
(21g carbohydrate)

Chocolate Milk
(20g carbohydrate)

M

23

Baby Carrots
(4.7g carbohydrate)
Ranch Dressing
(2g carbohydrate)

100% Apple Juice
(14g carbohydrate)

M

24

Pretzels
(15g carbohydrate)

100% Fruit Juice
(14g carbohydrate)

W

25

Frosted Strawberry
Poptart
(38g carbohydrate)

1% Milk
(11g carbohydrate)

W M S



Allergen Code:

M – Milk
E – Egg
S – Soy
W – Wheat
P – Peanuts
T – Tree Nuts

If your student has any allergies or special dietary restrictions, please contact the Aramark office at

847-551-8485