

PM Circle of Friends Menu

September 2017

28

Chocolate Elf
Grahams
(20g carbohydrate)

1% Milk
(11g carbohydrate)

M W S

29

Cheez-It Crackers
(14g carbohydrate)

100% Fruit Juice
(14g carbohydrate)

M W S

30

Cocoa Puffs Cereal
Bar
(30g carbohydrate)

100% Apple Juice
(14g carbohydrate)

W S

31

Celery Sticks
(1.8g carbohydrate)

Ranch Dressing
(2g carbohydrate)

Chocolate Milk
(20g carbohydrate)

M

1

SunChips Harvest
Cheddar Snack Mix
(15g carbohydrate)

100% Fruit Juice
(14g carbohydrate)

M

4

No School



5

Scooby Doo
Cinnamon Grahams
(21g carbohydrate)

1% Milk
(11g carbohydrate)

M W S

6

Baby Carrots
(4.7g carbohydrate)

Ranch Dressing
(2g carbohydrate)

Chocolate Milk
(20g carbohydrate)

M

7

Strawberry Banana
Yogurt
(20g carbohydrate)

100% Apple Juice
(14g carbohydrate)

M

8

Cool Ranch Doritos
(20g carbohydrate)

100% Fruit Juice
(14g carbohydrate)

M

11

Goldfish Crackers
(14g carbohydrate)

Chocolate Milk
(20g carbohydrate)

M W

12

Gripz Chocolate Chip
Graham Bites
(20g carbohydrate)

100% Apple Juice
(14g carbohydrate)

M W S

13

Apple Cinnamon
Muffin
(30g carbohydrate)

100% Fruit Juice
(14g carbohydrate)

W S E

14

Red Delicious
Apple
(16.5g carbohydrate)

1% Milk
(11g carbohydrate)

M

15

Crunchy Cheetos
(17g carbohydrate)

100% Apple Juice
(14g carbohydrate)

M

18

Despicable Me Honey
Grahams
(21g carbohydrate)

Chocolate Milk
(20g carbohydrate)

W M S

19

Pretzels
(15g carbohydrate)

100% Apple Juice
(14g carbohydrate)

W

20

Strawberry Poptart
(38g carbohydrate)

Chocolate Milk
(20g carbohydrate)

M W S

21

Baby Carrots
(4.7g carbohydrate)

Ranch Dressing
(2g carbohydrate)

100% Fruit Juice
(14g carbohydrate)

M

22

Nacho Cheese
Doritos
(20g carbohydrate)

100% Apple Juice
(14g carbohydrate)

M

25

Blueberry Muffin
(31g carbohydrate)

100% Apple Juice
(14g carbohydrate)

W E S

26

Red Delicious Apple
(16.5g carbohydrate)

Chocolate Milk
(20g carbohydrate)

M

27

Animal Crackers
(21g carbohydrate)

100% Fruit Juice
(14g carbohydrate)

W S

28

Scooby Doo Fruit
Snacks
(21g carbohydrate)

1% Milk
(11g carbohydrate)

M

29

White Cheddar
Popcorn
(9g 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