


PM Circle of Friends Menu

August 2018

<p>No School – Last Day of Summer Vacation</p> 	<p>14</p> <p>Chocolate Chip Gripz (20g carbohydrate)</p> <p>Bottled Water</p> <p>M S W</p>	<p>15</p> <p>Trix Cereal Bowl (24g carbohydrate)</p> <p>1% Milk (11g carbohydrate)</p> <p>M</p>	<p>16</p> <p>Chocolate Chip Cookie (27g carbohydrate)</p> <p>100% Fruit Juice (14g carbohydrate)</p> <p>E M S W</p>	<p>17</p> <p>Cool Ranch Doritos (20g carbohydrate)</p> <p>100% Apple Juice (14g carbohydrate)</p> <p>M</p>
<p>20</p> <p>Pretzel Goldfish (16g carbohydrate)</p> <p>100% Orange Juice (12g carbohydrate)</p> <p>M W</p>	<p>21</p> <p>Banana Muffin (31g carbohydrate)</p> <p>1% Milk (11g carbohydrate)</p> <p>E S W M</p>	<p>22</p> <p>Red Delicious Apple (16.5g carbohydrate)</p> <p>Chocolate Milk (20g carbohydrate)</p> <p>M</p>	<p>23</p> <p>Strawberry Frosted PopTart (38g carbohydrate)</p> <p>100% Apple Juice (14g carbohydrate)</p> <p>S W</p>	<p>24</p> <p>Funyuns (Baked) (14g carbohydrate)</p> <p>100% Fruit Juice (14g carbohydrate)</p> <p>M</p>
<p>27</p> <p>Blueberry Muffin (31g carbohydrate)</p> <p>100% Fruit Juice (14g carbohydrate)</p> <p>E S W</p>	<p>28</p> <p>Raspberry Yogurt (15g carbohydrate)</p> <p>100% Grape Juice (18g carbohydrate)</p> <p>M</p>	<p>29</p> <p>Carnival Cookie (27g carbohydrate)</p> <p>1% Milk (11g carbohydrate)</p> <p>E M S W</p>	<p>30</p> <p>Bagel w/Grape Jelly (29g/9g carbohydrate)</p> <p>Chocolate Milk (20g carbohydrate)</p> <p>W M</p>	<p>31</p> <p>Nacho Cheese Doritos (20g carbohydrate)</p> <p>Bottled Water</p> <p>M</p>



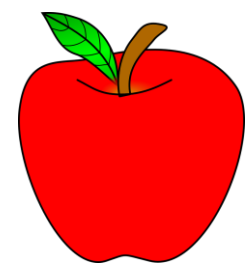

An average apple tree produces between 150 and 350 apples every year.



When is an apple a grouch?

Answer:

When it's a crab apple!!

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