

# PM Circle of Friends Menu

November 2017

30

Blueberry Muffin  
(31g carbohydrate)  
  
100% Apple Juice  
(14g carbohydrate)

W E S

31

Red Delicious Apple  
(16.5g carbohydrate)  
  
Chocolate Milk  
(20g carbohydrate)

M

1

Animal Crackers  
(21g carbohydrate)  
  
100% Fruit Juice  
(14g carbohydrate)

W S

2

Scooby Doo Fruit Snacks  
(21g carbohydrate)  
  
1% Milk  
(11g carbohydrate)

M

3

White Cheddar Popcorn  
(9g carbohydrate)  
  
100% Apple Juice  
(14g carbohydrate)

M

6

Chocolate Elf Grahams  
(20g carbohydrate)  
  
1% Milk  
(11g carbohydrate)

M W S

7

Cheez-It Crackers  
(14g carbohydrate)  
  
100% Fruit Juice  
(14g carbohydrate)

M W S

8

Cocoa Puffs Cereal Bar  
(30g carbohydrate)  
  
100% Apple Juice  
(14g carbohydrate)

W S

9

Celery Sticks  
(1.8g carbohydrate)  
  
Ranch Dressing  
(2g carbohydrate)  
  
Chocolate Milk  
(20g carbohydrate)

M

10

SunChips Harvest Cheddar Snack Mix  
(15g carbohydrate)  
  
100% Fruit Juice  
(14g carbohydrate)

M

13

Chocolate Frosted Poptart  
(38g carbohydrate)  
  
100% Fruit Juice  
(14g carbohydrate)

W S

14

Scooby Doo Cinnamon Grahams  
(21g carbohydrate)  
  
1% Milk  
(11g carbohydrate)

M W S

15

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

M

16

Strawberry Banana Yogurt  
(20g carbohydrate)  
  
100% Apple Juice  
(14g carbohydrate)

M

17

Cool Ranch Doritos  
(20g carbohydrate)  
  
100% Fruit Juice  
(14g carbohydrate)

M



27

Despicable Me Honey Grahams  
(21g carbohydrate)  
  
Chocolate Milk  
(20g carbohydrate)

W M S

28

Pretzels  
(15g carbohydrate)  
  
100% Apple Juice  
(14g carbohydrate)

W

29

Strawberry Poptart  
(38g carbohydrate)  
  
Chocolate Milk  
(20g carbohydrate)

M W S

30

Baby Carrots  
(4.7g carbohydrate)  
  
Ranch Dressing  
(2g carbohydrate)  
  
100% Fruit Juice  
(14g carbohydrate)

M

1

Nacho Cheese Doritos  
(20g 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