

# AM Circle of Friends Menu

April 2018

2

Chocolate Muffin  
(32g carbohydrate)  
  
100% Apple Juice  
(14g carbohydrate)

**W E S M**

3

Cheerios  
(20g carbohydrate)  
  
1% Milk  
(11g carbohydrate)

**M**

4

Frosted Flakes  
Cereal Pouch  
(24g carbohydrate)  
  
100% Apple Juice  
(14g carbohydrate)

**W**

5

Bug Bites Grahams  
(21g carbohydrate)  
  
1% Milk  
(11g carbohydrate)

**M W S**

6

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

**W S**

9

Cinnamon Bun  
Crunchmania  
(37g carbohydrate)  
  
100% Fruit Juice  
(14g carbohydrate)

**W M S**

10

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

**W S**

11

Apple Jacks Cereal  
Pouch  
(24g carbohydrate)  
  
1% Milk  
(11g carbohydrate)

**M W**

12

Banana Muffin  
(31g carbohydrate)  
  
1% Milk  
(11g carbohydrate)

**M W E S**

13

Betty Crocker  
Chocolate Chip Oat  
Bar  
(23g carbohydrate)  
  
100% Fruit Juice  
(14g carbohydrate)

**M W E S**

16

Red Delicious Apple  
(16.5g carbohydrate)  
  
1% Milk  
(11g carbohydrate)

**M**

17

Cinnamon Poptarts  
(37g carbohydrate)  
  
100% Fruit Juice  
(14g carbohydrate)

**W S**

18

Raspberry Yogurt  
(15g carbohydrate)  
  
100% Apple Juice  
(14g carbohydrate)

**M**

19

Blueberry Muffin  
(31g carbohydrate)  
  
1% Milk  
(11g carbohydrate)

**M W E S**

20

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

**W S**

23

**NO SCHOOL**



24

Scooby Doo  
Cinnamon Grahams  
(21g carbohydrate)  
  
100% Apple Juice  
(14g carbohydrate)

**W S**

25

Banana Muffin  
(31g carbohydrate)  
  
1% Milk  
(11g carbohydrate)

**E W S M**

26

Apple Cinnamon  
Cheerios Cereal Bar  
(30g carbohydrate)  
  
100% Fruit Juice  
(14g carbohydrate)

**W S**

27

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

**M**

30

Froot Loops  
(24g carbohydrate)  
  
100% Fruit Juice  
(14g carbohydrate)

**W S**



**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