

PM Circle of Friends Menu

April 2018

2

Goldfish Crackers
(14g carbohydrate)

Chocolate Milk
(20g carbohydrate)

M W

3

WG Bagel with Jelly
(29g / 9 g carbohydrate)

100% Grape Juice
(18g carbohydrate)

W

4

Apple Cinnamon
Muffin
(30g carbohydrate)

100% Fruit Juice
(14g carbohydrate)

W S E

5

Whole Grain Carnival
Cookie
(18g carbohydrate)

1% Milk
(11g carbohydrate)

M E S W

6

Baked Cheetos
Cheese Puffs
(14g carbohydrate)

100% Apple Juice
(14g carbohydrate)

M

9

Despicable Me Honey
Grahams
(21g carbohydrate)

Chocolate Milk
(20g carbohydrate)

W M S

10

Pretzels
(15g carbohydrate)

100% Apple Juice
(14g carbohydrate)

W

11

Strawberry Poptart
(38g carbohydrate)

1% Milk
(11g carbohydrate)

M W S

12

Baby Carrots
(4.7g carbohydrate)

Ranch Dressing
(2g carbohydrate)

100% Fruit Juice
(14g carbohydrate)

M

13

Baked Nacho
Cheese Doritos
(20g carbohydrate)

100% Apple Juice
(14g carbohydrate)

M

16

Blueberry Muffin
(31g carbohydrate)

100% Apple Juice
(14g carbohydrate)

W E S

17

Red Delicious Apple
(16.5g carbohydrate)

Chocolate Milk
(20g carbohydrate)

M

18

Cheese Stick
(4g carbohydrate)

100% Grape Juice
(18g carbohydrate)

M

19

Scooby Doo Fruit
Snacks
(21g carbohydrate)

1% Milk
(11g carbohydrate)

M

20

White Cheddar
Popcorn
(9g carbohydrate)

100% Fruit Juice
(14g carbohydrate)

M

23

NO SCHOOL



24

Cheez-It Crackers
(14g carbohydrate)

100% Grape Juice
(18g carbohydrate)

M W S

25

Cocoa Puffs Cereal
Bar
(30g carbohydrate)

100% Apple Juice
(14g carbohydrate)

W S

26

Whole Grain Chocolate
Chip Cookie
(18g carbohydrate)

1% Milk
(11g carbohydrate)

M E S W

27

SunChips Harvest
Cheddar Snack Mix
(15g carbohydrate)

100% Fruit Juice
(14g carbohydrate)

M

30

Chocolate Frosted
Poptart
(38g 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