

# PM Circle of Friends Menu

## May 2018

**30**  
 Chocolate Frosted Poptart  
 (38g carbohydrate)  
 100% Fruit Juice  
 (14g carbohydrate)  
**W S**

**1**  
 Cheez-It Crackers  
 (14g carbohydrate)  
 100% Grape Juice  
 (18g carbohydrate)  
**M W S**

**2**  
 Cocoa Puffs Cereal Bar  
 (30g carbohydrate)  
 100% Apple Juice  
 (14g carbohydrate)  
**W S**

**3**  
 Whole Grain Chocolate Chip Cookie  
 (18g carbohydrate)  
 1% Milk  
 (11g carbohydrate)  
**M E S W**

**4**  
 SunChips Harvest Cheddar Snack Mix  
 (15g carbohydrate)  
 100% Fruit Juice  
 (14g carbohydrate)  
**M**

**7**  
 Goldfish Crackers  
 (14g carbohydrate)  
 Chocolate Milk  
 (20g carbohydrate)  
**M W**

**8**  
 WG Bagel with Jelly  
 (29g / 9 g carbohydrate)  
 100% Grape Juice  
 (18g carbohydrate)  
**W**

**9**  
 Apple Cinnamon Muffin  
 (30g carbohydrate)  
 100% Fruit Juice  
 (14g carbohydrate)  
**W S E**

**10**  
 Whole Grain Carnival Cookie  
 (18g carbohydrate)  
 1% Milk  
 (11g carbohydrate)  
**M E S W**

**11**  
 Baked Cheetos  
 (14g carbohydrate)  
 100% Apple Juice  
 (14g carbohydrate)  
**M**

**14**  
 Despicable Me Honey Grahams  
 (21g carbohydrate)  
 Chocolate Milk  
 (20g carbohydrate)  
**W M S**

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

**16**  
 Strawberry Poptart  
 (38g carbohydrate)  
 1% Milk  
 (11g carbohydrate)  
**M W S**

**17**  
 Baby Carrots  
 (4.7g carbohydrate)  
 Ranch Dressing  
 (2g carbohydrate)  
 100% Fruit Juice  
 (14g carbohydrate)  
**M**

**18**  
 Nacho Cheese Doritos  
 (20g carbohydrate)  
 100% Apple Juice  
 (14g carbohydrate)  
**M**

**21**  
 Blueberry Muffin  
 (31g carbohydrate)  
 100% Apple Juice  
 (14g carbohydrate)  
**W E S**

**22**  
 Red Delicious Apple  
 (16.5g carbohydrate)  
 Chocolate Milk  
 (20g carbohydrate)  
**M**

**23**  
 Cheese Stick  
 (4g carbohydrate)  
 100% Grape Juice  
 (18g carbohydrate)  
**M**

**24**  
 Scooby Doo Fruit Snacks  
 (21g carbohydrate)  
 1% Milk  
 (11g 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