

<b>Breakfast October Carbohydrate Info</b>			
<b>Date</b>	<b>Name</b>	<b>Serving Type</b>	<b>Carbohydrate G</b>
Daily	Apple	Each	21.040
Daily	Apple Slices	Serving	7.125
Daily	Banana	Each	27.180
Daily	Oranges	Each	21.620
Daily	100% Apple Juice	Each	15.000
Daily	100% Orange Juice	Each	14.000
Daily	Applesauce	Serving	16.459
Daily	Applesauce Cup	Serving	14.000
Daily	Apricot Cup	Serving	25.000
Daily	Berry Cup	Serving	20.000
Daily	Dried Cranberries	Each	27.270
Daily	Diced Peaches	Serving	15.781
Daily	Diced Pears	Serving	15.565
Daily	Mandarin Oranges	Serving	23.291
Daily	Mixed Fruit	Serving	19.185
Daily	Peach Cup	Serving	19.000
Daily	Pineapple	Serving	18.656
Daily	Sliced Peaches	Serving	17.493
Daily	Sliced Pears	Serving	14.571
Daily	Strawberry Cup	Serving	21.000
Daily	Milk, FF Choc, 1/2 pt	Each	23.000
Daily	Milk, FF Straw 1/2 pt	Each	23.000
Daily	Milk, 1% White, 1/2 pt	Each	13.220
Daily	Pigglystick	Each	16.000
Daily	Assorted Cereal	Each	45.500
Daily	Bagel	Each	41.000
Daily	Assorted Muffins	Each	54.333
Daily	Assorted Poptarts	Each	75.771
Daily	Assorted Small Yogurt Parfaits	Each	46.445
Daily	Honey Bun	Each	40.000
Daily	Assorted Breakfast Bars	Each	45.775
10/01/2021	Sausage, Egg & Cheese on Biscuit	Sandwich	32.000
10/01/2021	Assorted Frudels	Each	36.000
10/01/2021	Mini Cinnis	Each	40.000
10/04/2021	Ham, Egg & Cheese on Croissant	Sandwich	28.506
10/04/2021	French Toast Sticks	Serving	45.538
10/04/2021	Raspberry Turnover	Each	46.000
10/05/2021	Sausage, Egg & Cheese on Croissant	Sandwich	28.000
10/05/2021	Soft Filled Cereal Bar	Each	42.500
10/05/2021	Assorted Mini Pancakes	Each	38.667
10/06/2021	Bacon, Egg & Cheese on Biscuit	Sandwich	32.333
10/06/2021	French Toast Sticks	Serving	45.538
10/06/2021	Mini Cinnis	Each	40.000
10/07/2021	Sausage, Egg & Cheese on Bagel	Sandwich	41.000
10/07/2021	Breakfast Pizza	Slice	21.000
10/07/2021	Assorted Mini Pancakes	Each	38.667
10/11/2021	Bacon, Egg & Cheese on Croissant	Sandwich	28.333
10/11/2021	Mini Cinnis	Each	40.000
10/11/2021	Raspberry Turnover	Each	46.000
10/12/2021	Ham, Egg & Cheese on Croissant	Sandwich	28.506
10/12/2021	Soft Filled Cereal Bar	Each	42.500
10/12/2021	French Toast Sticks	Serving	45.538
10/13/2021	Bacon, Egg & Cheese on Biscuit	Sandwich	32.333
10/13/2021	Assorted Mini Pancakes	Each	38.667
10/13/2021	Mini Cinnis	Each	40.000
10/14/2021	Sausage, Egg & Cheese on Bagel	Sandwich	41.000

10/14/2021	French Toast Sticks	Serving	45.538
10/14/2021	Breakfast Pizza	Slice	21.000
10/15/2021	Sausage, Egg & Cheese on Biscuit	Sandwich	32.000
10/15/2021	Assorted Frudels	Each	36.000
10/15/2021	Assorted Mini Pancakes	Each	38.667
10/18/2021	Ham, Egg & Cheese on Croissant	Sandwich	28.506
10/18/2021	French Toast Sticks	Serving	45.538
10/18/2021	Raspberry Turnover	Each	46.000
10/19/2021	Sausage, Egg & Cheese on Croissant	Sandwich	28.000
10/19/2021	Soft Filled Cereal Bar	Each	42.500
10/19/2021	Assorted Mini Pancakes	Each	38.667
10/20/2021	Bacon, Egg & Cheese on Biscuit	Sandwich	32.333
10/20/2021	French Toast Sticks	Serving	45.538
10/20/2021	Mini Cinnis	Each	40.000
10/21/2021	Sausage, Egg & Cheese on Bagel	Sandwich	41.000
10/21/2021	Breakfast Pizza	Slice	21.000
10/21/2021	Assorted Mini Pancakes	Each	38.667
10/22/2021	Sausage, Egg & Cheese on Biscuit	Sandwich	32.000
10/22/2021	Assorted Frudels	Each	36.000
10/22/2021	Mini Cinnis	Each	40.000
10/25/2021	Bacon, Egg & Cheese on Croissant	Sandwich	28.333
10/25/2021	Mini Cinnis	Each	40.000
10/25/2021	Raspberry Turnover	Each	46.000
10/26/2021	Ham, Egg & Cheese on Croissant	Sandwich	28.506
10/26/2021	Soft Filled Cereal Bar	Each	42.500
10/26/2021	French Toast Sticks	Serving	45.538
10/27/2021	Bacon, Egg & Cheese on Biscuit	Sandwich	32.333
10/27/2021	Assorted Mini Pancakes	Each	38.667
10/27/2021	Mini Cinnis	Each	40.000
10/28/2021	Sausage, Egg & Cheese on Bagel	Sandwich	41.000
10/28/2021	French Toast Sticks	Serving	45.538
10/28/2021	Breakfast Pizza	Slice	21.000
10/29/2021	Sausage, Egg & Cheese on Biscuit	Sandwich	32.000
10/29/2021	Assorted Frudels	Each	36.000
10/29/2021	Assorted Mini Pancakes	Each	38.667