

Fall Breakfast



**PINE PLAINS CENTRAL SCHOOL DISTRICT
Carb Counter (Grades PreK-12)**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Donut-46g Oatmeal-27g Cereal/Muffin/Bagel 24-48g/26g/30g Diced Pears-15g Orange Juice-14g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>	<p>Cheese Omelet 2g Cereal/Muffin/Bagel 24-48g/26g/30g Orange Wedges 12g Orange Juice-14g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>	<p>French Toast Sticks -30g Cereal/Muffin/Bagel 24-48g/26g/30g Diced Pears or Peach 15g Orange-12g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>	<p>Upstate Yogurt NY Berry Pancake Parfait – 40g Granola—19g Cereal/Muffin/Bagel 24-48g/26g/30g Peaches-15g Orange Juice-14g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>	<p>Breakfast Pizza-26g Breakfast Eggroll-22g Cereal/Muffin/Bagel 24-48g/26g/30g Fruit Cocktail-15g Orange Juice-14g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>
<p>Early Risers Egg & Cheese Stuffed Hash Brown– 24g Cereal/Muffin/Bagel 24-48g/26g/30g Applesauce-14g Orange Juice-14g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>	<p>Donut-46g Oatmeal-27g Cereal/Muffin/Bagel 24-48g/26g/30g Diced Pears-15g Orange Juice-14g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>	<p>Confetti Pancake Bites Sausage Links-36g Cereal/ Bagel/Muffin 24-48g/26g/30g NY Apple Slices-7g Orange Juice-14g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>	<p>Upstate Yogurt Strawberry Cheesecake French Toast Parfait-46g Granola-19g Cereal/Muffin/Bagel 24-48g/26g/30g Peaches-15g NY Berry Smoothie-32g Orange Juice-14g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>	<p>Breakfast Pizza 26g Breakfast Eggroll-22g Cereal/Muffin/Bagel 24-48g/26g/30g Fruit Cocktail-15g Orange Juice-14g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>
<p>French Toast Sticks -30g Cereal/Muffin/Bagel 24-48g/26g/30g Diced Pears or Peach 15g Orange-12g NY HVF Milk 1% WM-12g Choc 22g Skim-12g Skim-12g</p>	<p>Breakfast Burrito-18g Cereal/Muffin/Bagel 24-48g/26g/30g Orange Wedges-12g Orange Juice-14g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>	<p>Egoji Waffles-28g-42g Sausage Links Cereal/ Bagel/Muffin 24-48g/26g/30g NY Apple Slices-7g Orange Juice-14g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>	<p>Upstate Yogurt Pumpkin Pie Parfait-37g Granola-19g Cereal/Muffin/Bagel 24-48g/26g/30g Peaches-15g Peanut butter Smoothie-38g Orange Juice-14g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>	<p>Breakfast Pizza-26g Breakfast Eggroll-22g Cereal/Muffin/Bagel 24-48g/26g/30g Fruit Cocktail Orange Juice-14g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>
<p>Sausage & Egg Empanada-17g Cereal/Muffin/Bagel 24-48g/26g/30g Diced Pears-15g Orange Juice-14g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>	<p>Egg Toast w/ Cheese- 15g W Chorizo & Avacado- 17g Cereal/Muffin/Bagel 24-48g/26g/30g Orange Wedges-12g Orange Juice-14g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>	<p>Pancake & Sausage Sand- wich-34g Cereal/ Bagel/Muffin 24-48g/26g/30g Applesauce-14g Orange Juice-14g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>	<p>Upstate Yogurt Chocolate Chip Cookie Parfait-42g Granola-19g Cereal/Muffin/ Bagel 24-48g/26g/30g Peaches-15g NY Berry Smoothie-38g Orange Juice-14g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>	<p>Breakfast Pizza-26g Breakfast Egg Roll-22g Cereal/Muffin/Bagel 24-48g/26g/30g Fruit Cocktail-15g Orange Juice-14g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>
<p>Donut-46g Oatmeal-27g Cereal/Muffin/Bagel 24-48g/26g/30g Diced Pears-15g Orange Juice-14g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>	<p>Bacon Egg and Cheese Croissant Sandwich-36g Cereal/Muffin/Bagel 24-48g/26g/30g Orange Wedges-12g Orange Juice-14g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>	<p>Chicken & Waffles-15g Cereal/ Bagel/Muffin 24-48g/26g/30g NY Apple Slices 7g Orange Juice-14g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>	<p>French Toast Sticks -30g Cereal/Muffin/Bagel 24-48g/26g/30g Diced Pears or Peach 15g Orange-12g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>	<p>Cheese Omelet 2g Cereal/Muffin/Bagel 24-48g/26g/30g Orange Wedges 12g Orange Juice-14g NY HVF Milk 1% WM-12g Choc 22g Skim-12g</p>