

APRIL 2026 High School Breakfast Carb Count Menu

	Monday	Tuesday	Wednesday	Thursday	Friday				
4/6/2026	FRENCH TOAST STICKS WG 38 YOGURT & FRUIT PARFAIT S 40 BFAST KIT CHEERIOS HNY 6 70 BFAST KIT BB CHEX ESF 58 MUFFIN CORN WG IW 2GRN 39 BERRY MIXED CUP GC 96 19 JUICE FRUIT PUNCH 4.23OZ 15	4/7/2026	WAFFLE BLUEBERRY IW 96 37 YOGURT & FRUIT PARFAIT S 40 BAR BRKFAST CHOC CHIP 2 47 BFAST KIT BB CHEX ESF 58 BFAST KIT CINN CHEX JC 6C 41 JUICE FRUIT PUNCH 4.23OZ 15 APPLESAUCE CUP GC 96 14	4/8/2026	BREAD LOAF SNACK BAN W 38 CHEESE STICK MARBLE-DD 1 YOGURT & FRUIT PARFAIT S 40 BFAST KIT CINN CHEX JC 60 41 BFAST KIT CHOC CHIP MUF 43 PANCAKE MINI MAPLE WG I 36 FRUIT MIX CUP 24/4OZ 13 APPLE SLICES IW 2.4OZ 1C 10	4/9/2026	TACO EGG CHEESE WG DD 9 SALSA CUP DIPPING LO NA 5 BAR CHOCCHERY GRAN 1G 19 CHEESE STICK MARBLE-DD 1 YOGURT & FRUIT PARFAIT S 40 BFAST KIT BB CHEX ESF 58 BFAST KIT CHEERIOS HNY 6 70 PEACH CUP 24/4OZ 13 JUICE ORANGE-TANG 4.23C 15	4/10/2026	MUFFIN CHOC CHIP WG IW 2 45 YOGURT & FRUIT PARFAIT S 40 FRENCH TOAST STICKS WG 38 BFAST KIT BB CHEX ESF 58 BFAST KIT CINN CHEX JC 60 41 PEAR DICED CUP 24/4OZ 13 BANANA TURN YELLOW LAF 31
4/13/2026	PANCAKE MINI MAPLE WG I 36 YOGURT & FRUIT PARFAIT S 40 BFAST KIT BB CHEX ESF 58 BFAST KIT HNY SCOOT 60 E 57 BREAD LOAF SNACK APLCIN 30 CHEESE STICK MOZZ IW BO 0 APPLESAUCE CUP GC 96 14 ORANGE FRESH 138CT 15 JUICE FRUIT PUNCH 4.23OZ 15	4/14/2026	TACO EGG CHEESE WG DD 9 SALSA CUP DIPPING LO NA 5 YOGURT & FRUIT PARFAIT S 40 BFAST KIT BB CHEX ESF 58 BFAST KIT CHEERIOS HNY 6 70 BFAST KIT CHEERIOS HNY 6 70 BAR BRKFAST CHOC CHIP 2 47 PEAR FRESH 135-150CT 17 JUICE ORANGE-TANG 4.23C 15	4/15/2026	MUFFIN CHERRY WG IW 2GI 39 YOGURT & FRUIT PARFAIT S 40 BFAST KIT BB CHEX ESF 58 BFAST KIT CHEERIOS HNY 6 70 BAR OATMEAL APL CINN IW 39 CHEESE STICK MARBLE-DD 1 FRUIT MIX CUP 24/4OZ 13 ORANGE FRESH 138CT 16	4/16/2026	MUFFIN CHERRY WG IW 2G 39 YOGURT & FRUIT PARFAIT S 40 BFAST KIT BB CHEX ESF 58 BFAST KIT CINN CHEX JC 6C 41 BAR CHOCCHERY GRAN 1G 19 CHEESE STICK MOZZ IW BC 0 APPLE SLICES IW 2.4OZ 1 10 PEAR DICED CUP 24/4OZ 13	4/17/2026	BUN CINNAMON WG IW 40 40 YOGURT & FRUIT PARFAIT S 40 BFAST KIT BB CHEX ESF 58 BFAST KIT HNY SCOOT 60 E 57 FRENCH TOAST STICKS WG 38 JUICE APPLE 4.23OZ 44 15 BANANA TURN YELLOW LAF 31
4/20/2026	SANDWICH BFAST BEF SAUS 23 YOGURT & FRUIT PARFAIT S 40 BFAST KIT BB CHEX ESF 58 BFAST KIT CHEERIOS HNY 6 70 WAFFLE BLUEBERRY IW 96 1 FRUIT MIX CUP 24/4OZ 13 APPLE SLICES IW 2.4OZ 10 10	4/21/2026	FRENCH TOAST STICKS WG 38 YOGURT & FRUIT PARFAIT S 40 BFAST KIT CHEERIOS HNY 6 70 BFAST KIT BB CHEX ESF 58 BREAD LOAF SNACK BAN W 38 CHEESE STICK MOZZ IW BC 0 FRUIT MIX CUP 24/4OZ 13 JUICE FRUIT PUNCH 4.23OZ 15	4/22/2026	BUN CINNAMON WG IW 40 40 YOGURT & FRUIT PARFAIT S 40 BFAST KIT BB CHEX ESF 58 BFAST KIT HNY SCOOT 60 E 57 BAR CHOCCHERY GRAN 1GI 19 CHEESE STICK MOZZ IW BO 0 JUICE APPLE 4.23OZ 44 15 APPLE FRESH RED 138CT 21 PEAR FRESH 135-150CT 17 BANANA TURN YELLOW LA 31	4/23/2026	CALZONE TURK SAUS EGG 25 YOGURT & FRUIT PARFAIT S 40 BFAST KIT CHOC CHIP MUF 43 BFAST KIT BB CHEX ESF 58 MUFFIN CHOC CHIP WG IW 45 PEAR DICED CUP 24/4OZ 13 BANANA TURN YELLOW LA 31	4/24/2026	PANCAKE POFFITZ BITES WC 37 YOGURT RED SUG 4OZ 15 BAR BRKFAST CHOC CHIP 2C 47 BFAST KIT BB CHEX ESF 58 BFAST KIT CINN CHEX JC 60 41 STRAWBERRY CUP FRZ GC 19 JUICE FRUIT PUNCH 4.23OZ 15

