



2023 - 2024 SECONDARY SPECIAL DIET BREAKFAST MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST ENTREES

MINIMUM OF TWO ENTREE CHOICES OFFERED DAILY

BANANA BREAD (44 carbs) Allergens: wheat, egg, soy, milk

BREAKFAST BAR (31 carbs) Allergens: wheat, egg, milk

CINNAMON ROLL (36 - 40 carbs) Allergens: wheat, egg, soy, milk;

DONUT (37 - 41 carbs) Allergens: wheat, egg, soy, milk

HONEY BUN (34 carbs) Allergens: wheat, egg, soy, milk

MUFFINS - CHOCOLATE CHIP OR BLUEBERRY (46-49 carbs) Allergens: wheat, egg, soy, milk

POP TARTS (74 carbs) Allergens: wheat, soy

SMUCKERS UNCRUSTABLE (33 carbs) Allergens: wheat, soy, peanuts

WAFFLES (37 carbs) Allergens: wheat, egg, milk

FRESH FRUITS, 100% FRUIT JUICES & FRUIT CUPS (Carbohydrate Average: 10-27)

MINIMUM OF TWO CHOICES OFFERED DAILY

FRESH FRUITS: APPLES, BANANAS, ORANGES

ASSORTED FRUIT CUPS, CRAISINS

JUICES: ORANGE , APPLE, GRAPE

MILK (Carbs: 13 white, 25 chocolate)

WHITE & CHOCOLATE OFFERED DAILY AT BREAKFAST AND LUNCH

1 % WHITE

FAT-FREE CHOCOLATE

SILK SOY MILK (18 white, 25 choc) UPON REQUEST)