



January 2019

3:45:10 PM
 Wednesday, December 19, 2018
 K-5 1

Noor International Academy Breakfast

9217 /

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	1 * Closed *	2 * Closed *	3 * Closed *	4 * Closed *
7 Jump Start Breakfast Kit (24) Applesauce Cup 4oz (22) Milk Choice 8oz	8 Mini Confetti Pancakes WG Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz	9 Yogurt 4 oz (16) Scooby Doo Grahams WG (21) Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz	10 Mini Maple Waffle WG (35) Apple Slices 1pkg 1/2c (7) Juice 100%- 4oz (15) Milk Choice 8oz	11 Cheese Stick 1 oz (1) Corn Bread Loaf 2oz IW (28) Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz
14 Cinn. Toast Crunch Cereal(RS) (22) Applesauce Cup 4oz (22) Grahams Minis WG (24) Juice 100%- 4oz (15) Milk Choice 8oz	15 Mini Cini -(Cold) (40) Fresh Fruit (22) Milk Choice 8oz Juice 100%- 4oz (15)	16 Yogurt 4 oz (16) Scooby Doo Grahams WG (21) Banana 1 ea (34) Juice 100%- 4oz (15) Milk Choice 8oz	17 Cheese Stick 1 oz (1) CoCoo Krispy Bar (27) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz Juice 100%- 4oz (15)	18 Pillsbury Cherry Frudel Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz
21 * Closed *	22 Blueberry Muffin 3.2oz Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz	23 Yogurt 4 oz (16) Banana 1 ea (34) Grahams Minis WG (24) Juice 100%- 4oz (15) Milk Choice 8oz	24 Bagel WG IW (29) Cream Cheese (1) Apple Slices 1pkg 1/2c (7) Milk Choice 8oz Juice 100%- 4oz (15)	25 Mini Blueberry Pancakes WG Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz
28 Cheerios WG Cereal (20) Applesauce Cup 4oz (22) Juice 100%- 4oz (15) Milk Choice 8oz	29 Strawberry Muffin 3.2oz Fresh Fruit (22) Juice 100%- 4oz (15) Milk Choice 8oz	30 Yogurt 4 oz (16) Banana 1 ea (34) Grahams Minis WG (24) Juice 100%- 4oz (15) Milk Choice 8oz	31 Apple Slices 1pkg 1/2c (7) Lemon Crunch Bar WG (41) Milk Choice 8oz Juice 100%- 4oz (15)	

Carb Counts
 included in
 parenthesis ()
 for each item

* Carb counts are estimated
 based on nutrition labels from
 the manufacturer and USDA
 data

Milk Carbs:
 Fat Free White Milk 1/2 Pint
 (Purple)(12)
 Fat Free Chocolate Milk 1/2
 Pint (Brown)(23)

*(V) indicates a vegetarian
 entree

This institution is an
 equal opportunity
 provider.