



June 2024 | GG Central Kitchen | Breakfast Menu | NSLP K-12 Hot Pack Breakfast 23/24

| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|------------------------|---------------------|------------------|----------------------|
| 3 | 4 | 5 | 6 | 7 |
| Week 2 Day 1 | Week 2 Day 2 | Week 2 Day 3 | Week 2 Day 4 | Week 2 Day 5 |
| GRAIN | MAIN ENTREE | GRAIN | MAIN ENTREE | GRAIN |
| Snack'n Waffle Maple | French Toast Casserole | Appleberry Muffin | Scrambled Egg | Pancake WG Commodity |
| 37 g Carb | 28 g Carb | 39 g Carb | 0 g Carb | 28 g Carb |
| FRUIT | FRUIT | FRUIT | GRAIN | FRUIT |
| Apple Bulk | Apple Bulk | Apple Bulk | WG Bread Slice | Apple Bulk |
| 25 g Carb | 25 g Carb | 25 g Carb | 13 g Carb | 25 g Carb |
| Whole Orange | Whole Orange | Whole Orange | VEGETABLE | Whole Orange |
| 18 g Carb | 18 g Carb | 18 g Carb | | 18 g Carb |
| Pear | Pear | Pear | Roasted Potatoes | Pear |
| 28 g Carb | 28 g Carb | 28 g Carb | 9 g Carb | 28 g Carb |
| MILK | MILK | MILK | FRUIT | MILK |
| 1% Milk | 1% Milk | 1% Milk | Apple Bulk | 1% Milk |
| 13 g Carb | 13 g Carb | 13 g Carb | 25 g Carb | 13 g Carb |
| Milk Chocolate Skim | Milk Chocolate Skim | Milk Chocolate Skim | Whole Orange | Milk Chocolate Skim |
| 20 g Carb | 20 g Carb | 20 g Carb | 18 g Carb | 20 g Carb |
| Skim Milk | Skim Milk | Skim Milk | Pear | Skim Milk |
| 12 g Carb | 12 g Carb | 12 g Carb | 28 g Carb | 12 g Carb |

| | | MILK | CONDIMENTS | |
|--|--|----------------------------------|----------------------------------|--|
| | | 1% Milk 13 g Carb | Breakfast Syrup Cup 21 g Carb | |
| | | Milk Chocolate Skim 20 g Carb | | |
| | | Skim Milk 12 g Carb | | |
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| 10 | 11 | 12 | 13 | 14 |
|----------------------------------|-------------------------------------|-----------------------------------|----------------------------------|----------------------------------|
| Week 3 Day 1 | Week 3 Day 2 | Week 3 Day 3 | Week 3 Day 4 | Week 3 Day 5 |
| GRAIN | GRAIN | GRAIN | MAIN ENTREE | GRAIN |
| Blueberry Bread 28 g Carb | French Toast Sticks WG 38 g Carb | Pancake WG Commodity 28 g Carb | Breakfast Sandwich 24 g Carb | Waffles WG 12 g Carb |
| FRUIT | FRUIT | FRUIT | FRUIT | FRUIT |
| Apple Bulk 25 g Carb | Apple Bulk 25 g Carb | Apple Bulk 25 g Carb | Apple Bulk 25 g Carb | Apple Bulk 25 g Carb |
| Whole Orange 18 g Carb | Whole Orange 18 g Carb | Whole Orange 18 g Carb | Whole Orange 18 g Carb | Whole Orange 18 g Carb |
| Pear 28 g Carb | Pear 28 g Carb | Pear 28 g Carb | Pear 28 g Carb | Pear 28 g Carb |
| MILK | MILK | MILK | MILK | MILK |
| 1% Milk 13 g Carb | 1% Milk 13 g Carb | 1% Milk 13 g Carb | 1% Milk 13 g Carb | 1% Milk 13 g Carb |
| Milk Chocolate Skim 20 g Carb | Milk Chocolate Skim 20 g Carb | Milk Chocolate Skim 20 g Carb | Milk Chocolate Skim 20 g Carb | Milk Chocolate Skim 20 g Carb |
| Skim Milk 12 g Carb | Skim Milk 12 g Carb | Skim Milk 12 g Carb | Skim Milk 12 g Carb | Skim Milk 12 g Carb |
| | CONDIMENTS | CONDIMENTS | | CONDIMENTS |
| | Breakfast Syrup Cup 21 g Carb | Breakfast Syrup Cup 21 g Carb | | Breakfast Syrup Cup 21 g Carb |
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| 17 | 18 | 19 | 20 | 21 |
|-----------------------------------|-------------------------------------|--------------------------------------|--|--|
| Week 4 Day 1 | Week 4 Day 2 | Week 4 Day 3 | Week 4 Day 4 | Week 4 Day 5 |
| GRAIN | GRAIN | MAIN ENTREE | MAIN ENTREE | MAIN ENTREE |
| Pancake WG Commodity 28 g Carb | Blueberry Lemon Muffin 31 g Carb | Mediterranean Egg Muffin 1 g Carb | Cinnamon Brown Sugar Oatmeal 19 g Carb | Cinnamon Roll French Toast Casserole 31 g Carb |
| FRUIT | FRUIT | GRAIN | - | _ |
| Apple Bulk 25 g Carb | Apple Bulk 25 g Carb | WG Bread Slice 13 g Carb | Granola Crumble | Apple Bulk |
| Whole Orange | Whole Orange | | 28 g Carb | 25 g Carb |

| 18 g Carb | 18 g Carb | FRUIT | FRUIT | Whole Orange |
|----------------------------------|----------------------------------|----------------------------------|----------------------------------|--------------------------------|
| Pear 28 g Carb | Pear 28 g Carb | Apple Bulk 25 g Carb | Apple Bulk 25 g Carb | 18 g Carb Pear 28 g Carb |
| MILK | MILK | Whole Orange 18 g Carb | Whole Orange 18 g Carb | MILK |
| 1% Milk 13 g Carb | 1% Milk 13 g Carb | Pear 28 g Carb | Pear 28 g Carb | - 1% Milk |
| Milk Chocolate Skim 20 g Carb | Milk Chocolate Skim 20 g Carb | MILK | MILK | 13 g Carb Milk Chocolate Skim |
| Skim Milk 12 g Carb | Skim Milk 12 g Carb | 1% Milk 13 g Carb | 1% Milk 13 g Carb | 20 g Carb Skim Milk |
| CONDIMENTS | | Milk Chocolate Skim 20 g Carb | Milk Chocolate Skim 20 g Carb | 12 g Carb |
| Breakfast Syrup Cup 21 g Carb | | Skim Milk 12 g Carb | Skim Milk 12 g Carb | |
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| 24 | 25 | 26 | 27 | 28 |
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| Week 1 Day 1 | Week 1 Day 2 | Week 1 Day 3 | Week 1 Day 4 | Week 1 Day 5 |
| GRAIN | GRAIN | GRAIN | MAIN ENTREE | GRAIN |
| Banana Bread | Snack'n Waffle Blueberry | Strawberry Muffin | Hashbrown Casserole | Waffles WG |
| 24 g Carb | 37 g Carb | 31 g Carb | 13 g Carb | 24 g Carb |
| FRUIT | FRUIT | FRUIT | GRAIN | FRUIT |
| Apple Bulk | Apple Bulk | Apple Bulk | WG Bread Slice | Apple Bulk |
| 25 g Carb | 25 g Carb | 25 g Carb | 13 g Carb | 25 g Carb |
| Whole Orange | Whole Orange | Whole Orange | FRUIT | Whole Orange |
| 18 g Carb | 18 g Carb | 18 g Carb | | 18 g Carb |
| Pear | Pear | Pear | Apple Bulk | Pear |
| 28 g Carb | 28 g Carb | 28 g Carb | 25 g Carb | 28 g Carb |
| MILK | MILK | MILK | Whole Orange 18 g Carb | MILK |
| 1% Milk | 1% Milk | 1% Milk | Pear | 1% Milk |
| 13 g Carb | 13 g Carb | 13 g Carb | 28 g Carb | 13 g Carb |
| Milk Chocolate Skim | Milk Chocolate Skim | Milk Chocolate Skim | MILK | Milk Chocolate Skim |
| 20 g Carb | 20 g Carb | 20 g Carb | | 20 g Carb |
| Skim Milk | Skim Milk | Skim Milk | 1% Milk | Skim Milk |
| 12 g Carb | 12 g Carb | 12 g Carb | 13 g Carb | 12 g Carb |

| | | Milk Chocolate Skim 20 g Carb Skim Milk 12 g Carb | Breakfast Syrup Cup 21 g Carb |
|--|--|--|----------------------------------|
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