



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

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

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

CONDIMENTS

Breakfast Syrup Cup
21 g Carb

10

Week 3 Day 1

GRAIN

Blueberry Bread
28 g Carb

FRUIT

Apple Bulk
25 g Carb

Whole Orange
18 g Carb

Pear
28 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

11

Week 3 Day 2

GRAIN

French Toast Sticks WG
38 g Carb

FRUIT

Apple Bulk
25 g Carb

Whole Orange
18 g Carb

Pear
28 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

CONDIMENTS

Breakfast Syrup Cup
21 g Carb

12

Week 3 Day 3

GRAIN

Pancake WG Commodity
28 g Carb

FRUIT

Apple Bulk
25 g Carb

Whole Orange
18 g Carb

Pear
28 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

CONDIMENTS

Breakfast Syrup Cup
21 g Carb

13

Week 3 Day 4

MAIN ENTREE

Breakfast Sandwich
24 g Carb

FRUIT

Apple Bulk
25 g Carb

Whole Orange
18 g Carb

Pear
28 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

14

Week 3 Day 5

GRAIN

Waffles WG
12 g Carb

FRUIT

Apple Bulk
25 g Carb

Whole Orange
18 g Carb

Pear
28 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

CONDIMENTS

Breakfast Syrup Cup
21 g Carb

17

Week 4 Day 1

GRAIN

Pancake WG Commodity
28 g Carb

FRUIT

Apple Bulk
25 g Carb

Whole Orange

18

Week 4 Day 2

GRAIN

Blueberry Lemon Muffin
31 g Carb

FRUIT

Apple Bulk
25 g Carb

Whole Orange

19

Week 4 Day 3

MAIN ENTREE

Mediterranean Egg Muffin
1 g Carb

GRAIN

WG Bread Slice
13 g Carb

20

Week 4 Day 4

MAIN ENTREE

Cinnamon Brown Sugar
Oatmeal
19 g Carb

GRAIN

Granola Crumble
28 g Carb

21

Week 4 Day 5

MAIN ENTREE

Cinnamon Roll French
Toast Casserole
31 g Carb

FRUIT

Apple Bulk
25 g Carb

18 g Carb

Pear
28 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

CONDIMENTS

Breakfast Syrup Cup
21 g Carb

18 g Carb

Pear
28 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

FRUIT

Apple Bulk
25 g Carb

Whole Orange
18 g Carb

Pear
28 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

FRUIT

Apple Bulk
25 g Carb

Whole Orange
18 g Carb

Pear
28 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

Whole Orange
18 g Carb

Pear
28 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

24

Week 1 Day 1

GRAIN

Banana Bread
24 g Carb

FRUIT

Apple Bulk
25 g Carb

Whole Orange
18 g Carb

Pear
28 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

25

Week 1 Day 2

GRAIN

Snack'n Waffle Blueberry
37 g Carb

FRUIT

Apple Bulk
25 g Carb

Whole Orange
18 g Carb

Pear
28 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

26

Week 1 Day 3

GRAIN

Strawberry Muffin
31 g Carb

FRUIT

Apple Bulk
25 g Carb

Whole Orange
18 g Carb

Pear
28 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

27

Week 1 Day 4

MAIN ENTREE

Hashbrown Casserole
13 g Carb

GRAIN

WG Bread Slice
13 g Carb

FRUIT

Apple Bulk
25 g Carb

Whole Orange
18 g Carb

Pear
28 g Carb

MILK

1% Milk
13 g Carb

28

Week 1 Day 5

GRAIN

Waffles WG
24 g Carb

FRUIT

Apple Bulk
25 g Carb

Whole Orange
18 g Carb

Pear
28 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

Milk Chocolate Skim

20 g Carb

Skim Milk

12 g Carb

CONDIMENTS

Breakfast Syrup Cup

21 g Carb