



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p>Week 2 Day 1</p> <p><b>MAIN ENTREE</b></p> <p>String Cheese 0 g Carb</p> <p><b>GRAIN</b></p> <p>Toasted Oats 21 g Carb</p> <p><b>FRUIT</b></p> <p>Orange Slices 9 g Carb</p> <p><b>MILK</b></p> <p>1% Milk 13 g Carb</p> <p>Skim Milk 12 g Carb</p> <p>Milk Chocolate Skim 20 g Carb</p>	<p><b>4</b></p> <p>Week 2 Day 2</p> <p><b>GRAIN</b></p> <p>Lemon Chip Crunch Bar IW 42 g Carb</p> <p><b>FRUIT</b></p> <p>Apple Slices 12 g Carb</p> <p><b>MILK</b></p> <p>1% Milk 13 g Carb</p> <p>Skim Milk 12 g Carb</p> <p>Milk Chocolate Skim 20 g Carb</p>	<p><b>5</b></p> <p>Week 2 Day 3</p> <p><b>MAIN ENTREE</b></p> <p>GrowYo - Strawberry (Strawberry Yogurt) Bulk 17 g Carb</p> <p><b>GRAIN</b></p> <p>Granola Crumble 28 g Carb</p> <p><b>FRUIT</b></p> <p>Pear 14 g Carb</p> <p><b>MILK</b></p> <p>1% Milk 13 g Carb</p> <p>Skim Milk 12 g Carb</p> <p>Milk Chocolate Skim</p>	<p><b>6</b></p> <p>Week 2 Day 4</p> <p><b>GRAIN</b></p> <p>Chocolate Chip Banana Bread 25 g Carb</p> <p><b>FRUIT</b></p> <p>Cantaloupe Chunks 7 g Carb</p> <p><b>MILK</b></p> <p>1% Milk 13 g Carb</p> <p>Skim Milk 12 g Carb</p> <p>Milk Chocolate Skim 20 g Carb</p>	<p><b>7</b></p> <p>Week 2 Day 5</p> <p><b>GRAIN</b></p> <p>Apple Oatmeal Darlington Bar 47 g Carb</p> <p><b>FRUIT</b></p> <p>Pineapple Chunks 11 g Carb</p> <p><b>MILK</b></p> <p>1% Milk 13 g Carb</p> <p>Skim Milk 12 g Carb</p> <p>Milk Chocolate Skim 20 g Carb</p>

20 g Carb

**10**

Week 3 Day 1

**GRAIN**

Cereal Corn Flakes Bulk

**11**

Week 3 Day 2

**GRAIN**

Blueberry Lemon Muffin

**12**

Week 3 Day 3

**GRAIN**

Whole Grain Bagel

**13**

Week 3 Day 4

**GRAIN**

Apple Bread

**14**

Week 3 Day 5

**GRAIN**

Cherry Apple Crunch Bar

25 g Carb

**FRUIT**

Orange Slices  
9 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

Milk Chocolate Skim  
20 g Carb

**CONDIMENTS**

String Cheese  
0 g Carb

31 g Carb

**FRUIT**

Appleberry Sauce  
13 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

Milk Chocolate Skim  
20 g Carb

28 g Carb

**FRUIT**

Pear  
14 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

Milk Chocolate Skim  
20 g Carb

50 g Carb

**FRUIT**

Honeydew Chunks  
6 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

Milk Chocolate Skim  
20 g Carb

43 g Carb

**FRUIT**

Fruit Salad CHP  
8 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

Milk Chocolate Skim  
20 g Carb

17

Week 4 Day 1

**MAIN ENTREE**

String Cheese  
0 g Carb

**GRAIN**

Toasted Oats  
21 g Carb

**FRUIT**

Applesauce Cup  
14 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

Milk Chocolate Skim

18

Week 4 Day 2

**GRAIN**

GROWBar Chococrisp  
28 g Carb

**FRUIT**

Orange Slices  
9 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

Milk Chocolate Skim  
20 g Carb

19

Week 4 Day 3

**MAIN ENTREE**

Vanilla GrowYo-bulk  
17 g Carb

**GRAIN**

Granola Crumble  
28 g Carb

**FRUIT**

Pear  
14 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

Milk Chocolate Skim

20

Week 4 Day 4

**GRAIN**

Blueberry Bread  
56 g Carb

**FRUIT**

Honeydew Chunks  
6 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

Milk Chocolate Skim  
20 g Carb

21

Week 4 Day 5

**GRAIN**

Strawberry Darlington Bar  
46 g Carb

**FRUIT**

Pineapple Chunks  
11 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

Milk Chocolate Skim  
20 g Carb

20 g Carb

20 g Carb

**24**

Week 1 Day 1

■ **MAIN ENTREE**

String Cheese

**25**

Week 1 Day 2

■ **GRAIN**

Appleberry Muffin

**26**

Week 1 Day 3

■ **GRAIN**

Whole Grain Bagel

**27**

Week 1 Day 4

■ **MAIN ENTREE**

Peach GrowYo-bulk

**28**

Week 1 Day 5

■ **GRAIN**

Triple Berry Crunch Bar

0 g Carb

**GRAIN**

Cereal Corn Flakes Bulk  
25 g Carb

**FRUIT**

Orange Slices  
9 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

Milk Chocolate Skim  
20 g Carb

39 g Carb

**FRUIT**

Applesauce Cup  
14 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

Milk Chocolate Skim  
20 g Carb

28 g Carb

**FRUIT**

Pear  
14 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

Milk Chocolate Skim  
20 g Carb

17 g Carb

**GRAIN**

Granola Crumble  
28 g Carb

**FRUIT**

Cantaloupe Chunks  
7 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

Milk Chocolate Skim  
20 g Carb

43 g Carb

**FRUIT**

Honeydew Chunks  
6 g Carb

**MILK**

1% Milk  
13 g Carb

Skim Milk  
12 g Carb

Milk Chocolate Skim  
20 g Carb

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