



November 2024 | * GG Central Kitchen | **Breakfast Menu** | **NSLP K-8 Hot Pack Breakfast 24/25**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>28</p> <p>Week 2 Day 1</p> <p>GRAIN</p> <p>Bread Pumpkin 21 g Carb</p> <p>FRUIT</p> <p>Apple Bulk 25 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>29</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>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>30</p> <p>Week 2 Day 3</p> <p>GRAIN</p> <p>Pancake WG 30 g Carb</p> <p>FRUIT</p> <p>Apple Bulk 25 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>31</p> <p>Week 2 Day 4</p> <p>GRAIN</p> <p>Appleberry Muffin 39 g Carb</p> <p>FRUIT</p> <p>Apple Bulk 25 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>1</p> <p>Week 2 Day 5</p> <p>MAIN ENTREE</p> <p>Cinnamon Brown Sugar Oatmeal 19 g Carb</p> <p>GRAIN</p> <p>Granola Crumble 24 g Carb</p> <p>FRUIT</p> <p>Apple Bulk 25 g Carb</p> <p>MILK</p> <p>1% Milk 13 g Carb</p> <p>Milk Chocolate Skim</p>

CONDIMENTS

Breakfast Syrup Cup
21 g Carb

20 g Carb

Skim Milk
12 g Carb

4	5	6	7	8
Week 3 Day 1	Week 3 Day 2	Week 3 Day 3	Week 3 Day 4	Week 3 Day 5
GRAIN Snack'n Waffle Maple 37 g Carb	GRAIN Pancake WG 30 g Carb	GRAIN Bread Carrot 29 g Carb	GRAIN Cinnamon Muffin 31 g Carb	MAIN ENTREE Chocolate Banana Oatmeal 24 g Carb
FRUIT Apple Bulk 25 g Carb	FRUIT Whole Orange 18 g Carb	FRUIT Pear 28 g Carb	FRUIT Apple Bulk 25 g Carb	GRAIN Granola Crumble 24 g Carb
MILK 1% Milk 13 g Carb Milk Chocolate Skim 20 g Carb Skim Milk 12 g Carb	MILK 1% Milk 13 g Carb Milk Chocolate Skim 20 g Carb Skim Milk 12 g Carb	MILK 1% Milk 13 g Carb Milk Chocolate Skim 20 g Carb Skim Milk 12 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
	CONDIMENTS Breakfast Syrup Cup 21 g Carb			MILK 1% Milk 13 g Carb Milk Chocolate Skim 20 g Carb Skim Milk 12 g Carb

11 Week 4 Day 1 GRAIN Muffin Cranberry 38 g Carb FRUIT	12 Week 4 Day 2 GRAIN WG Pancake 28 g Carb FRUIT	13 Week 4 Day 3 GRAIN Apple Bread 50 g Carb FRUIT	14 Week 4 Day 4 GRAIN Zucchini Bread 20 g Carb FRUIT	15 Week 4 Day 5 MAIN ENTREE Muffin Egg Frittata-Tex Mex 1 g Carb

Apple Bulk
25 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 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

Apple Bulk
25 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

Pear
28 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

GRAIN

WG Bread Slice
13 g Carb

FRUIT

Apple Bulk
25 g Carb

MILK

1% Milk
13 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

<p>18</p> <p>Week 1 Day 1</p> <p>GRAIN</p> <p>Maple Muffin 42 g Carb</p> <p>FRUIT</p> <p>Apple Bulk 25 g Carb</p> <p>MILK</p> <p>1% Milk 13 g Carb</p> <p>Milk Chocolate Skim 20 g Carb</p> <p>Skim Milk</p>	<p>19</p> <p>Week 1 Day 2</p> <p>GRAIN</p> <p>Waffles WG 24 g Carb</p> <p>FRUIT</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</p>	<p>20</p> <p>Week 1 Day 3</p> <p>GRAIN</p> <p>Banana Bread 48 g Carb</p> <p>FRUIT</p> <p>Whole Orange 18 g Carb</p> <p>MILK</p> <p>1% Milk 13 g Carb</p> <p>Milk Chocolate Skim 20 g Carb</p> <p>Skim Milk</p>	<p>21</p> <p>Week 1 Day 4</p> <p>GRAIN</p> <p>French Toast Sticks WG 19 g Carb</p> <p>FRUIT</p> <p>Apple Bulk 25 g Carb</p> <p>MILK</p> <p>1% Milk 13 g Carb</p> <p>Milk Chocolate Skim 20 g Carb</p>	<p>22</p> <p>Week 1 Day 5</p> <p>MAIN ENTREE</p> <p>Cinnamon Brown Sugar Oatmeal 19 g Carb</p> <p>GRAIN</p> <p>Granola Crumble 24 g Carb</p> <p>FRUIT</p> <p>Pear 28 g Carb</p> <p>MILK</p>

12 g Carb

12 g Carb

12 g Carb

Skim Milk
12 g Carb

1% Milk
13 g Carb

CONDIMENTS

CONDIMENTS

Breakfast Syrup Cup
21 g Carb

Breakfast Syrup Cup
21 g Carb

Milk Chocolate Skim
20 g Carb

Skim Milk
12 g Carb

<p>25</p> <p>Week 1 Day 1</p> <p>GRAIN</p> <p>Snack'n Waffle Blueberry 37 g Carb</p> <p>FRUIT</p> <p>Apple Bulk 25 g Carb</p> <p>MILK</p> <p>1% Milk 13 g Carb</p> <p>Skim Milk 12 g Carb</p> <p>Milk Chocolate Skim 20 g Carb</p>	<p>26</p> <p>Week 1 Day 2</p> <p>GRAIN</p> <p>WG Pancake 28 g Carb</p> <p>FRUIT</p> <p>Apple Golden Delicious Raw Bulk 25 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>CONDIMENTS</p> <p>Breakfast Syrup Cup 21 g Carb</p>	<p>27</p> <p>Week 1 Day 3</p> <p>GRAIN</p> <p>Cinnamon Muffin 31 g Carb</p> <p>FRUIT</p> <p>Pear 28 g Carb</p> <p>MILK</p> <p>1% Milk 13 g Carb</p> <p>Skim Milk 12 g Carb</p> <p>Milk Chocolate Skim 20 g Carb</p>	<p>28</p> <p>Week 1 Day 4</p> <p>MAIN ENTREE</p> <p>Blueberry French Toast Casserole 27 g Carb</p> <p>FRUIT</p> <p>Whole Orange 18 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>29</p> <p>Week 1 Day 5</p> <p>GRAIN</p> <p>Chocolate Chip Banana Bread 50 g Carb</p> <p>FRUIT</p> <p>Apple Gala Raw Bulk 25 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>
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This institution is an equal opportunity provider.