

May 2023 KCAL/CHO K12 Breakfast Menu

Juice:

Apple: 60/14
 Orange: 60/19
 Fruit Punch: 60/14
 Grape: 80/19

Fresh Fruit:

Large Apple: 130/34
 Petite Banana: 87/24
 Naval Orange: 80/20

Milk:



Chocolate: 120/20
 Strawberry: 110/19
 1% White: 110/13
 Skim: 90/13
 Lactose Free: 90/13
 Soy: 150/21

Pop-Tarts:

Single:
 - Fudge: 170/36
 - Blueberry: 170/36
 - Cinnamon: 170/36
 - Strawberry: 170/36
Double:
 - Fudge: 320/73
 - Blueberry: 340/73
 - Cinnamon: 340/73
 - Strawberry: 340/73

Cereal:

Cheerios: 100/21
 Cinnamon Toasters: 120/21
 Cinnamon Chex: 110/23
 Blueberry Chex: 120/23
 Blueberry Shredded Wheat: 100/23

Monday, May 1	Tuesday, May 2	Wednesday, May 3	Thursday, May 4 STAR WARS DAY!	Friday, May 5 Cinco De Mayo
Entrée: Crispy Chicken Biscuit 380/37 Strawberry Cream Cheese Mini Bagel 230/42 Fruit Juice/Fruit: 100% Fruit Juice* Fresh Fruit*	Entrée: Egg & Cheese Biscuit 275/26 Mini French Toast ■ Chocolate Chip 210/35 ■ Cinnamon 220/37 Fruit Juice/Fruit: 100% Fruit Juice* Applesauce Cup 125/29	Entrée: Turkey Sausage Breakfast Pizza 230/31 Super Donut 210/27 Fruit Juice/Fruit: 100% Fruit Juice* Raisins	Entrée: Turkey Sausage Pancake Wrap 140/16 w/Syrup 186/46 Warm Goopy Cinnamon Roll 240/38 Fruit Juice/Fruit: 100% Fruit Juice* Fresh Fruit*	Entrée: Sausage Biscuit 390/27 Mini Pancakes ■ Chocolate Chip 220/37 ■ Confetti 220/36 ■ Maple 210/35 Fruit Juice/Fruit: 100% Fruit Juice* Fresh Fruit*
Monday, May 8	Tuesday, May 9	Wednesday, May 10	Thursday, May 11	Friday, May 12
	Entrée: Egg & Cheese Biscuit 275/26 Mini Waffles ■ Blueberry 210/37 ■ Cinnamon 190/35 ■ Maple 190/36 Fruit Juice/Fruit: 100% Fruit Juice* Applesauce Cup 125/29	Entrée: Turkey Sausage Breakfast Pizza 230/31 Blueberry Bread 270/45 Fruit Juice/Fruit: 100% Fruit Juice* Craisins 110/27	Entrée: Turkey Sausage Pancake Wrap 140/16 w/Syrup 186/46 Mini French Toast ■ Chocolate Chip 210/35 ■ Cinnamon 220/37 Fruit Juice/Fruit: 100% Fruit Juice* Fresh Fruit*	Entrée: Sausage Biscuit 390/27 Warm Mini Cinnis 240/40 Fruit Juice/Fruit: 100% Fruit Juice* Fresh Fruit*
Monday, May 15	Tuesday, May 16	Wednesday, May 17	Thursday, May 18	Friday, May 19
Entrée: Crispy Chicken Biscuit 380/37 Warm Goopy Cinnamon Roll 240/38 Fruit Juice/Fruit: 100% Fruit Juice* Fresh Fruit*	Entrée: Egg & Cheese Biscuit 275/26 Mini Pancakes ■ Chocolate Chip 220/37 ■ Confetti 220/36 ■ Maple 210/35 Fruit Juice/Fruit: 100% Fruit Juice* Applesauce Cup 125/29	Entrée: Sausage Breakfast Pizza 230/31 Chip Ultimate Breakfast Round 270/44 Fruit Juice/Fruit: 100% Fruit Juice* Craisins 110/27	Entrée: Turkey Sausage Pancake Wrap 140/16 w/Syrup 186/46 Mini Waffles ■ Blueberry 210/37 ■ Cinnamon 190/35 ■ Maple 190/36 Fruit Juice/Fruit: 100% Fruit Juice* Fresh Fruit*	Entrée: Sausage Biscuit 390/27 Dunkin Stix 300/48 Fruit Juice/Fruit: 100% Fruit Juice* Fresh Fruit*
Monday, May 22	Tuesday, May 23	Wednesday, May 24	Thursday, May 25	Friday, May 26
Entrée: Crispy Chicken Biscuit 380/37 Warm Goopy Cinnamon Roll 240/38 Fruit Juice/Fruit: 100% Fruit Juice* Fresh Fruit*	Entrée: Egg & Cheese Biscuit 275/26 Mini French Toast ■ Chocolate Chip 210/35 ■ Cinnamon 220/37 Fruit Juice/Fruit: 100% Fruit Juice* Applesauce Cup 125/29	Entrée: Turkey Sausage Breakfast Pizza 230/31 Super Donut 210/27 Fruit Juice/Fruit: 100% Fruit Juice* Raisins	Entrée: Turkey Sausage Pancake Wrap 140/16 w/Syrup 186/46 Strawberry Cream Cheese Mini Bagel 230/42 Fruit Juice/Fruit: 100% Fruit Juice* Fresh Fruit*	Entrée: Sausage Biscuit 390/27 Mini Pancakes ■ Chocolate Chip 220/37 ■ Confetti 220/36 ■ Maple 210/35 Fruit Juice/Fruit: 100% Fruit Juice* Fresh Fruit*
Monday, May 29	Tuesday, May 30	Wednesday, May 31		
	Entrée: Egg & Cheese Biscuit 275/26 Mini Waffles ■ Blueberry 210/37 ■ Cinnamon 190/35 ■ Maple 190/36 Fruit Juice/Fruit: 100% Fruit Juice* Applesauce Cup 125/29	Entrée: Turkey Sausage Breakfast Pizza 230/31 Blueberry Bread 270/45 Fruit Juice/Fruit: 100% Fruit Juice* Craisins 110/27		

Cabarrus County Schools

