MCHS Breakfast CARBS 2018-2019				
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
Sausage (1) Biscuit (24)	Chicken (6) Biscuit (24)	Biscuit (24) & Gravy (6) Chicken (6)	Sausage (1) Biscuit (24)	Sausage (1) Egg (1) Cheese (1) Biscuit (24)
Breakfast Pizza (24)		Sausage (1) Biscuit (24)		Mini Cinni (40)
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
Sausage (1) Biscuit (24)	Chicken (6) Biscuit (24)	Biscuit (24) & Gravy (6) Chicken (6)	Sausage (1) Biscuit (24)	Sausage (1) Egg (1) Cheese (1) Biscuit (24)
Breakfast Pizza (24)		Sausage (1) Biscuit (24)		Mini Cinni (40)
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Breakfast Pizza (24)		Sausage (1) Biscuit (24)		Mini Cinni (40)
PBJ Daily:	**Poptarts Daily:**	**Muffins Daily:**	**Little Gems Daily:**	
PBJ Uncrustable (32)	**Cinnamon 2 ct (75)**	**Cinnamon (25)**	**Little Gems Chocolate (39)**	
	Chocolate 2 ct (76)	**Chocolate (28)**	**Little Gems Powdered (41)**	
	Strawberry 2ct (75)			
MILK 8 OZ.:	**FRUIT SERVED DAILY -- 1 CUP**	**100% JUICE:**	**GRAVY:**	
Chocolate (20)	**Apple (22)**	**Apple 4 oz (14)**	**1/4 cup (6)**	
Strawberry(19)	**Orange (21)**	**Orange 8 oz (27)**	**1/2 cup (12)**	
Skim (13)				
1% (13)				