This nutritional information should not be used for menu planning for children with medical conditions or food allergies. Please consult a medical professional for assistance.

IT IS IMPORTANT TO NOTE THAT INGREDIENTS AND MENU ITEMS ARE SUBJECT TO CHANGE OR SUBSTITUTION WITH OR WITHOUT NOTICE.

Please note that the School District nor the Nutritional Analysis software provider, CANNOT guarantee that the information provided is 100% accurate and up-to-date. The nutritional information that is displayed is provided by food manufacturers, distributors, and other third parties.

Menu items are chosen based on the dietary Guidelines for Americans and USDA national School Lunch program. Please note: Items are subject to change.

Gahanna Schools K-8 Breakfast Menu 2017-2018

Carb Counts

Menu 1 Red Week

Cereal	Oatmeal Round UBR 45	Mini Waffles 38	Breakfast Slider** 21	Breakfast Bread 44
Yogurt	Fruit	Fruit	Fruit	Fruit
Fruit	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
Fruit Juice	Milk	Milk	Milk	Milk
Milk				

Menu 2 Green Week

Cereal	Whole Grain Donut 29	Breakfast Pizza 23	Mini Pancakes 41	Cereal
Hard Boiled Egg 1	Fruit	Fruit	Fruit	RiceKrispGranBar 27
Fruit	Fruit Juice	Fruit Juice	Fruit Juice	Fruit
Fruit Juice	Milk	Milk	Milk	Fruit Juice
Milk				Milk

Menu 3 Gold Week

Cereal	Cinnamon Toast 45	Sausage Bites** 15	Dutch Waffle 43	Cereal
Fruit and Grain Bar 27	Fruit	Fruit	Fruit	String Cheese 1
Fruit	Fruit Juice	Fruit Juice	Fruit Juice	Fruit
Fruit Juice	Milk	Milk	Milk	Fruit Juice
Milk				Milk

Menu 4 Blue Week

Cereal	Bosco Breakfast Stick 17	Breakfast Pizza 23	Mini Cinnis 40	Cereal
Poptart	Fruit	Fruit	Fruit	Sport Donut 17
Fruit	Fruit Juice	Fruit Juice	Fruit Juice	Fruit
Fruit Juice	Milk	Milk	Milk	Fruit Juice
Milk				Milk

Milk

White 1% 13
Fat Free Choc 23
Fat Free Strawb 28

Fresh Fruits

Banana 28
Raisins 30
1/2 Apple 10
Orange 16
Grapes 16
Pear 9

Fruit Cups

Applesauce Cups 16
Peach Cup 22
Strawberry Cups 22

Canned Fruits

Applesauce 14
Mandarin Oranges 20
Mixed Fruit 18
Pears 16
Peaches 19
Pineapple 11

Cereal Reduced Sugar

Cheerios 20
Cinn Tst Crunch 22
FrstMiniWheat 24/Choc 23
Trix, Ft.Loops, AplJacks 24
Cinn & Frst Flakes 24
Scooby Doo 24
Cocoa Puffs 25

PopTarts

Cinn 37 Fudge 38
Strawb 38

100% Juice

Apple 13
Fruit Punch 12
Grape 19
Orange 14

Yogurt

Danimals 14
Trix 20

Revised 8/8/17

Sugar grams

Cinn Toast Crunch 6
Mini Wheats 6
AplJacks/FrLoops/Trix 8
Frst Flakes 7
Cocoa Puffs 8
Sport Donut 7
Mini Cini 15/Mini Panc 14
Mini French Toast 11
Poptart 15
Fruit/Grain Bar 13
Cinnamon Toast 17
Oatmeal Round UBR 19
RiceKrispGranBar 9
Dutch Waffle 12
Breakfast Pizza 7
Sausage Bites 4
Wow Butter & Jelly 11