

APRIL | 2022



Evert Middle School Carb Count Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28 DAILY CHOICES: Cereal-23 Poptart-73-76 Granola Bar-17 Nutrigrain Bar-25 Cereal Bar-30</p>	<p>29 Fruit Juice-13 Apple-18 Go Gurt-8 Yogurt Cup-12 String Cheese-1 Cheddar Stick-1</p>	<p>30</p>	<p>31 CHOCOLATE MILK-24 WHITE MILK-11 STRAWBERRY MILK-22</p>	<p>1</p>
<p>4 Oatmeal Bar-25 Izze Drink-21-24</p>	<p>5 Switch-26-30</p>	<p>6</p>	<p>7</p>	<p>8</p>
<p>11 BREAKFAST TACO-17 OR ASSORTED DONUT (-29-41)</p>	<p>12 ASSORTED MUFFIN (-56-67) OR BREAKFAST PIZZA-27</p>	<p>13 BREAKFAST SANDWICH (-27-40) OR CINI MINI-40</p>	<p>14 ASSORTED FRUDEL-36 OR BREAKFAST BOAT-25</p>	<p>15 PANCAKE WRAP-17 OR DANISH-46</p>
<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>

NEWS

Breakfast is offered to all students at no charge, it is not mandatory to participate, but we encourage our students to eat breakfast for a good start to their day!

DUE TO PRODUCT AVAILABILITY, Menu is subject to change without notice.

Evert Public Schools is an equal opportunity provider and employer.

Any questions or concerns please call the FSD at 231.734.4222