

# AUGUST | 2022

## Evart Middle School Breakfast Carb Count Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 <b>DAILY CHOICES:</b> Cereal-23 Poptart-73-76 Granola Bar-17 Nutrigrain Bar-25 Cereal Bar-30	2 Fruit Juice-13 Apple-18 Go Gurt-8 Yogurt Cup-12 String Cheese-1 Cheddar Stick-1	3 CHOCOLATE MILK-24 WHITE MILK-11 STRAWBERRY MILK-22	4	5
8 Oatmeal Bar-25 Izze Drink-21-24	9 Switch-26-30	10	11	12
15 <b>BREAKFAST BOAT-25 OR ASSORTED DONUT(-29-41)</b>	16 <b>SAUSAGE BAGEL-26 OR FRUDEL-36</b>	17 <b>EGG MUFFIN-27 SANDWICH OR CINI MINI-40</b>	18 <b>EGG OMELET-1 OR ASSORTED MUFFIN(-56-67)</b>	19 <b>PANCAKE WRAP-17 OR DANISH-46</b>
22	23	24	25	26
29	30	31	1	2

### ***News***

WELCOME BACK TO THE 2022-2023 SCHOOL YEAR!

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.

Evart Public Schools is an equal opportunity provider and employer.

Any questions or concerns please call the FSD at 231.734.4222