

**Common Ground  
BREAKFAST  
2018**

Monday	Tuesday	Wednesday	Thursday	Friday
			Mar - 1  *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 2  *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*
			Nutrients            Target Carb 160.6g    70.5%Cal	Nutrients            Target Carb 160.6g    70.5%Cal
Mar - 5  *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 6  *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 7  *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 8  *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 9  *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*
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Mar - 12  *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 13  *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 14  *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 15  *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 16  *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

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Mar - 19  *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 20  *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 21  *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 22  *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 23  *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*
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Mar - 26  *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 27  *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 28  *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 29  *CEREAL,VARIETY* MUFFINS, ASSORTED WHOLE WHEAT BAGEL *ASSORTED FRUIT* YOGURT,ASSORTED,4 OZ* JUICE, VARIETY 8 OZ* CREAM CHEESE* MILK 1 % WHITE* MILK, FAT FREE* LACTAID*	Mar - 30
Nutrients      Target Carb 160.6g    70.5%Cal	Nutrients      Target Carb 160.6g    70.5%Cal	Nutrients      Target Carb 160.6g    70.5%Cal	Nutrients      Target Carb 160.6g    70.5%Cal	

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