



# April Fun on the Run Menu



## Monday

Yogurt, WG Blueberry Muffin, String Cheese & Mixed Fruit

Total Calories = 410 Sugar = 41g Carbs = 60g

## Tuesday

Gogurt, String Cheese, Bagel with Cinnamon Cream Cheese & Fruit Cup

Total Calories = 430 Sugar = 33g Carbs = 67g

## Wednesday

Yogurt, String Cheese, Banana Bread & Fruit Cup

Total Calories = 490 Sugar = 47g Carbs = 73g

## Thursday

Gogurt, String Cheese, Mini Cinni's, Fresh Fruit Or Vegetable

Total Calories = 370 Sugar = 23g Carbs = 49g

## Friday

Yogurt, String Cheese, WG Chocolate Muffin & Applesauce Cup

Total Calories = 420g Sugar = 34g Carbs 56g

Meal Price - \$2.55 (Includes milk choice)  
Extra Fruits & Veggies Available for Students