



JANUARY | 2026

Evart Middle School Carb Count Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31 <u>DAILY CHOICES:</u> Cereal-23 Poptart-73-76 Granola Bar-17 Nutrigrain Bar-25 WG Cereal Bar-51-52 Cereal Bar-30 Oatmeal Bar-25 Fruit Juice-13 Apple-18 Banana-27 Go Gurt-8	1	2 CHOCOLATE MILK-27 WHITE MILK-12 STRAWBERRY MILK-22
5	6	7	8	9
12	13	14 Yogurt Cup-12 String Cheese-1 CoJack Stick-1 Cojack Cubes-1 Cereal Bowl-44-48	15	16
19 PANCAKE WRAP-17 OR ASSORTED MUFFIN-56-67	20 OMELET-1 OR DUTCH WAFFLE-38	21 BREAKFAST SANDWICH-27 OR CINI MINI- 40	22 SAUSAGE BAGEL-23 OR FRUDEL-36	23 BREAKFAST BAGEL-23 OR ASSORTED DONUT-29-41
26	27	28	29	30

News

Breakfast is offered to all students for FREE, although it is not mandatory to participate, 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