

## Saydel High School Grab N Go Options

Option 1			Option 2			Option 3		
	Cal	BE		Cal	BE		Cal	BE
Poptart		2	Bar	280	2	Muffin (large)	360	1
• Chocolate chip	370	2	• Banana chunk	280	2	• Banana		1
• Cinnamon	360	2	• Choc chunk			• Chocolate chip		1
• Strawberry			<i>Choose one:</i>	101		• Blueberry		
<i>Choose one:</i>			Pear	105		<i>Choose one:</i>	60	
Orange	95		Banana	95		Applesauce		
Juice cup	60		Apple	69		Juice cup	60	
Milk	105		Orange			Milk	105	
Bag, Napkin			Juice cup	60		Bag, Napkin, Spoon		
			Milk	105				
			Bag, Napkin					

Option 4			Option 5			Option 6		
	Cal	BE		Cal	BE		Cal	BE
Cereal bar			Yogurt	100	1	Cinn breakfast cookie	270	
• Trix	150	1	Granola (1.25 oz)	150	1.5	String cheese	50	
• Cinn toast crunch	150	1	<i>Choose one:</i>	105		Fruit (any)	105	
String cheese	50		Banana	95		Juice cup	60	
<i>Choose one:</i>	105		Apple	101		Milk	105	
Banana	95		Pear					
Apple	101		Juice cup	60				
Pear			Milk	105				
Juice cup	60		Bag					
Milk	105		Saddle bag					
Bag, Napkin, Spoon								