

Nutrient List: Elementary, Elementary Pre-Pack and Combo Breakfast

3/22/17

| Breakfast Entrees | Portion Size | Carb (g) | Calories | Sodium (mg) | Fiber (g) | Protein (g) | Fat (g) |
|---|--------------|----------|----------|-------------|-----------|-------------|---------|
| Bagel, Blueberry | 1 each | 35 | 170 | 260 | 3 | 6 | 1 |
| Bagel, Plain, White Whole Wheat | 1 each | 36 | 170 | 260 | 3 | 6 | 1 |
| Burrito, Bean, Cheese & Salsa | 1 each | 28 | 233 | 374 | 3 | 9 | 9 |
| Burrito, Beef & Bean | 1 each | 38.5 | 279 | 403 | 7.5 | 15.5 | 8 |
| Burrito, Egg, Cheese & Chicken Chorizo | 1 each | 27.5 | 244 | 331 | 2.5 | 10.5 | 9.5 |
| Cereal, Apple Jacks | Bowlpack | 24 | 110 | 160 | 3 | 2 | 1 |
| Cereal, Cinnamon Toasters | Bowlpack | 22 | 120 | 130 | 0 | 1 | 3.5 |
| Cereal, Cocoa Puffs, Reduced Sugar | Bowlpack | 25 | 110 | 160 | 2 | 2 | 1.5 |
| Cereal, Fruit Loops, Reduced Sugar | Bowlpack | 24 | 110 | 170 | 3 | 2 | 1 |
| Cereal, Honey Scooters | Bowlpack | 22 | 110 | 190 | 2 | 2 | 1 |
| Cereal, Rice Chex | Bowlpack | 24 | 100 | 250 | 1 | 2 | 0.5 |
| Cereal, Rice Chex, Cinnamon | Bowlpack | 23 | 110 | 170 | 0 | 1 | 2 |
| Cereal, Toasty O's | Bowlpack | 18 | 100 | 120 | 2 | 3 | 1.5 |
| Cheese, String, Lite Mozzarella | 1 each | 1 | 60 | 210 | 0 | 8 | 2.5 |
| Cinnamon Crumb Cake | 1 each | 44.5 | 296 | 300 | 2.5 | 5.5 | 10.5 |
| Cinnamon Roll With Icing | 1 each | 53 | 294 | 250 | 4 | 6 | 5.5 |
| Croissant | 1 each | 30 | 220 | 300 | 2 | 6 | 9 |
| Egg, Patty | Patty | 1 | 50 | 120 | 0 | 3 | 3 |
| French Toast Sticks | 4 each | 35 | 270 | 280 | 3 | 6 | 12 |
| Green Eggs, Ham & Biscuit | 1 serving | 25.5 | 285 | 796 | 2 | 16 | 12.5 |
| Oatmeal, without Dried Fruit | #8 scoop | 20 | 97 | 4 | 1.5 | 2 | 1 |
| Pancake Wrapped Sausage | 1 each | 21.5 | 176 | 463 | 1.5 | 8.5 | 5.5 |
| Pancakes, Mini Maple (Aunt Jemima) | 1 serving | 40 | 240 | 200 | 3 | 4 | 8 |
| Pancakes, Maple, Mini (De Wafelbakkers) | 1 serving | 36 | 220 | 340 | 3 | 5 | 7 |
| Pizza, Breakfast, Bagel, Cheese | 1 each | 31 | 330 | 540 | 4 | 22 | 11 |
| Pizza, Breakfast, Sausage | 1 each | 21 | 210 | 260 | 2 | 12 | 8 |
| Pizza Stick | 1 each | 31 | 250 | 550 | 1 | 11 | 9 |
| Pretzel Stick | 1 each | 27 | 200 | 230 | 3 | 7 | 7 |
| Sandwich, Croissant, Egg & Cheese | 1 each | 32 | 306 | 526 | 2 | 12.5 | 14 |
| Sandwich, Grilled Cheese | 1 each | 30 | 284 | 655 | 2 | 18.5 | 10 |
| Sandwich, Peanut Butter & Jelly , 2.8 oz. | 1 each | 32 | 320 | 320 | 3 | 10 | 17 |
| Sausage Patty, Pork | Patty | 1 | 70 | 240 | 0.1 | 6.4 | 4.5 |
| Waffle, Dutch | 1 each | 43 | 300 | 350 | 3 | 4 | 13 |
| Yogurt, Low Fat Peach, 8 oz | 1 each | 41 | 210 | 105 | 0 | 7 | 2.5 |
| Yogurt, Low Fat Strawberry-Banana, 8 oz | 1 each | 41 | 210 | 110 | 0 | 7 | 2.5 |

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|----------------------------------|---------------------|-----------------|-----------------|--------------------|------------------|--------------------|----------------|
| Yogurt, Low Fat Strawberry, 8 oz | 1 each | 38 | 200 | 105 | 0 | 7 | 2.5 |
| Yogurt, Low Fat Vanilla, 8 oz | 1 each | 39 | 210 | 105 | 0 | 7 | 2.5 |
| Beverages | Portion Size | Carb (g) | Calories | Sodium (mg) | Fiber (g) | Protein (g) | Fat (g) |
| Juice, Apple | 4 oz carton | 14 | 60 | 0 | 0 | 0 | 0 |
| Juice, Orange | 4 oz carton | 14 | 60 | 10 | 0 | 0 | 0 |
| Juice, Wild Berry | 4 oz Carton | 15 | 60 | 10 | 0 | 0 | 0 |
| Milk, 1% Low fat, White | 8oz carton | 16 | 120 | 160 | 0 | 11 | 2.5 |
| Milk, Non Fat, Chocolate | 8 oz carton | 27 | 140 | 260 | 0 | 8 | 0 |
| Milk, Nonfat, White | 8 oz carton | 23 | 120 | 200 | 0 | 7 | 0 |
| Milk, Soy | 1 carton | 12 | 144 | 155 | 1 | 10 | 5 |
| Fruits and Vegetables | Portion Size | Carb (g) | Calories | Sodium (mg) | Fiber (g) | Protein (g) | Fat (g) |
| Fruit Cup, Applesauce | 1 each | 14 | 51 | 2 | 1 | 0 | 0 |
| Fruit Cup, Peach | 1 each | 19 | 80 | 0 | 1 | 1 | 0 |
| Fruit Cup, Strawberry | 1 each | 21 | 80 | 0 | 2 | 0 | 0 |
| Fruit, Apple Pear | 1 each | 15.5 | 61 | 0 | 5 | 0.5 | 0 |
| Fruit, Apple Slices, Fresh | 1 package | 8 | 34 | 0 | 2 | 0 | 0 |
| Fruit, Apple, Fresh | 1 each | 20 | 77 | 0 | 3.5 | 0 | 0.5 |
| Fruit, Applesauce | 1/2 cup | 16 | 60 | 0 | 2 | 0 | 0 |
| Fruit, Banana | 1 each | 38.5 | 151 | 2 | 4 | 1.5 | 0.5 |
| Fruit, Dried Mixed | 1 box | 30 | 120 | 25 | 2 | 1 | 0 |
| Fruit, Grapes | 1 serving | 14.5 | 57 | 2 | 0.5 | 0.5 | 0 |
| Fruit, Mandarin Orange Cup | 1 each | 20 | 60 | 0 | 1 | 0 | 0 |
| Fruit, Mixed | 1/2 cup | 13.5 | 54 | 22 | 1.8 | 0 | 0 |
| Fruit, Nectarine | 1 each | 14 | 60 | 0 | 2 | 1 | 0 |
| Fruit, Orange, Fresh | 1 each | 15.5 | 62 | 0 | 3 | 1 | 0 |
| Fruit, Peaches, Diced | 1/2 cup | 14.5 | 63 | 10 | 1 | 1 | 0 |
| Fruit, Pears, Diced | 1/2 cup | 20 | 80 | 5 | 2 | 0 | 1 |
| Fruit, Pears, Fresh | 1 each | 21 | 82 | 0 | 3 | 0.5 | 0.5 |
| Fruit, Persimmons | 1 each | 18 | 68 | 1 | 3.5 | 0.5 | 0 |
| Fruit, Pineapple | 1/2 cup | 19 | 80 | 10 | 0 | 0 | 0 |
| Fruit, Plum, Fresh | 1 each | 7.5 | 30 | 0 | 0.5 | 0.5 | 0 |
| Crackers and Condiments | Portion Size | Carb (g) | Calories | Sodium (mg) | Fiber (g) | Protein (g) | Fat (g) |
| Cheese, Cream, Lite | 1 each | 2 | 40 | 85 | 0 | 2 | 3.5 |
| Condiment, Catsup | 1 packet | 2.0 | 10 | 65 | 0.0 | 0 | 0.0 |
| Condiment, Syrup | 1 packet | 20 | 78 | 0 | 0 | 0 | 0 |
| Condiment, Taco Sauce | 1 packet | 1 | 5 | 95 | 0 | 0 | 0 |
| Crackers, Cinnamon Bear | 1 package | 21.0 | 130 | 120 | 1.0 | 4 | 4.0 |

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| | | | | | | | |
|-------------------------------|-----------|------|-----|-----|-----|---|-----|
| Crackers, Graham | 1 package | 20 | 110 | 140 | 2 | 2 | 3 |
| Crackers, Honey Bear | 1 package | 20.0 | 130 | 100 | 1.0 | 2 | 4.0 |
| Crackers, Jungle | 1 package | 20.0 | 130 | 95 | 1.0 | 2 | 4.0 |
| Crackers, Maple Sunrise Bites | 1 package | 20 | 110 | 115 | 2 | 2 | 3.5 |
| Crackers, Pretzel Goldfish | 1 package | 16 | 90 | 200 | 1 | 2 | 1.5 |
| Crackers, Strawberry Waffle | 1 package | 21 | 110 | 95 | 1 | 2 | 3 |

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