

Nutrient List: High School Breakfast

2/21/17

| Breakfast Entrées | Portion Size | Carb (g) | Calories | Sodium (mg) | Fiber (g) | Protein (g) | Fat (g) |
|---|--------------|----------|----------|-------------|-----------|-------------|---------|
| Bagel, Blueberry | 1 each | 35 | 170 | 260 | 3 | 6 | 1 |
| Bagel, Cinnamon Raisin | 1 each | 36 | 170 | 280 | 3 | 7 | 1 |
| Bagel, Plain | 1 each | 36 | 170 | 260 | 3 | 6 | 1 |
| Bagel-ful, Strawberry | 1 each | 30 | 180 | 160 | 2 | 5 | 4.5 |
| Burrito, Bean & Cheese | 1 each | 41 | 291 | 479 | 7.5 | 15.5 | 8 |
| 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 Roll With Icing | 1 each | 53 | 294 | 250 | 4 | 6 | 5.5 |
| Coffee Cake with Topping | 1 serving | 66.5 | 444 | 450 | 3.5 | 8.5 | 16 |
| Granola | 1/2 cup | 52.5 | 297 | 115 | 4 | 5 | 8 |
| Oatmeal, without Dried Fruit | #8 scoop | 20 | 97 | 4 | 1.5 | 2 | 1 |
| Pancakes, Maple, Mini | 1 serving | 40 | 240 | 200 | 3 | 4 | 8 |
| Pizza Bagel, Cheese | 1 each | 31 | 330 | 540 | 4 | 22 | 11 |
| Pizza, Breakfast, Sausage | 1 each | 21 | 210 | 260 | 2 | 12 | 8 |
| Sandwich, Biscuit with Sausage, Egg & Cheese | 1 each | 27.5 | 317 | 813 | 2 | 17 | 13.5 |
| Sandwich, Croissant, Egg, Ham & Chs | 1 each | 32 | 331 | 694 | 2 | 17 | 15 |
| Sandwich, Grilled Cheese | 1 each | 30.5 | 280 | 580 | 3.0 | 18.5 | 9.5 |
| Sandwich, Grilled Cheese, Spicy | 1 each | 31.5 | 301 | 574 | 3.0 | 15.5 | 12.5 |
| Sandwich, Peanut Butter & Jelly Sandwich, 2.8 oz. | 1 each | 32 | 320 | 320 | 3 | 10 | 17 |
| Waffle, Blueberry, Individual (Smuckers) | 1 each | 43 | 250 | 280 | 4 | 5 | 7 |
| Yogurt and Granola Bowl | 1 each | 84.5 | 487 | 244 | 5 | 17 | 10 |
| Yogurt Parfait w/Fruit and Granola (16oz cup) | 1 each | 91 | 512 | 244 | 6.5 | 17.5 | 10 |
| Yogurt, Low Fat Peach, 8 oz | 1 each | 41 | 210 | 105 | 0 | 7 | 2.5 |
| Yogurt, Low Fat Strawberry, 8 oz | 1 each | 38 | 200 | 105 | 0 | 7 | 2.5 |

Please be advised that this is general information and not intended to be used as medical advice.

The information is accurate to the best of our knowledge based on information provided by the manufacturer. Products may change at any time.

Nutrient List: High School Breakfast

2/21/17

| | | | | | | | |
|---|---------------------|-----------------|-----------------|--------------------|------------------|--------------------|----------------|
| Yogurt, Low Fat Strawberry-Banana, 8 oz | 1 each | 41 | 210 | 110 | 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 | 23 | 120 | 200 | 0 | 7 | 0 |
| Milk, Nonfat, White | 8 oz carton | 13 | 90 | 135 | 0 | 9 | 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, Banana | 1 each | 38.5 | 151 | 2 | 4 | 1.5 | 0.5 |
| Fruit, Dried Mixed | 1 box | 30 | 120 | 25 | 2 | 1 | 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, 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, Hot Sauce | 1 packet | 1 | 5 | 110 | 0 | 0 | 0 |
| Condiment, Syrup | 1 packet | 20 | 78 | 0 | 0 | 0 | 0 |
| Condiment, Taco Sauce | 1 packet | 1.0 | 5 | 95 | 0 | 0 | 0 |
| Crackers, Cinnamon Bear | 1 package | 21.0 | 130 | 120 | 1.0 | 4 | 4.0 |

Please be advised that this is general information and not intended to be used as medical advice.

The information is accurate to the best of our knowledge based on information provided by the manufacturer. Products may change at any time.

Nutrient List: High School Breakfast

2/21/17

| | | | | | | | |
|-------------------------------|-----------|------|-----|-----|-----|---|-----|
| 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, Spicy Cheese | 1 package | 27 | 176 | 390 | 4 | 4 | 7 |
| Crackers, Strawberry Waffle | 1 package | 21 | 110 | 95 | 1 | 2 | 3 |

Please be advised that this is general information and not intended to be used as medical advice.
The information is accurate to the best of our knowledge based on information provided by the manufacturer. Products may change at any time.