

Nutrient List: Middle School Breakfast

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, White Whole Wheat	1 each	36	170	260	3	6	1
Bagel, Turkey Sausage & Gravy	1 each	21	170	420	2	10	6
Bread, Coffee Cake	1 each	54.5	361	353	3	6	12.5
Burrito, Bean, Cheese and Salsa	1 each	28	233	374	3	9	9
Burrito, Bean & Cheese	1 each	40.5	291	479	8	15.5	8
Burrito, Beef & Bean	1 each	38.5	279	403	7.5	15.5	8
Burrito, Egg & Cheese with Bacon	1 each	21.5	212	318	3	11	9
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, Frosted Mini Wheats	Bowlpack	24	100	0	3	3	0
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, 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
French Toast Sticks	4 each	43	300	400	3	6	13
Pancakes, Mini Maple	1 serving	40	240	200	3	4	8
Pizza, Breakfast, Bagel, Cheese	1 each	31	330	540	4	22	11
Pizza, Breakfast, Sausage	1 each	21	210	260	2	12	8
Sandwich, Breakfast on English Muffin	1 each	28.5	271	581	4	19.5	10
Sandwich, Biscuit with Sausage & Cheese	1 each	26.5	266	690	2	13.5	10.5
Sandwich, Peanut Butter & Jelly Sandwich, 2.8 oz.	1 each	32	320	320	3	10	17
Sausage Patty, Pork	1 each	0.5	61	125	0	6	3.5
Waffle, Blueberry	1 each	37	210	180	3	4	6
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
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

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Beverages, <i>Cont'd</i>	Portion Size	Carb (g)	Calories	Sodium (mg)	Fiber (g)	Protein (g)	Fat (g)
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	11	130	150	1	10	4
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, Mixed	1/2 cup	15	60	5	1	0	0
Fruit, Orange, Fresh	1 each	15.5	62	0	3	1	0
Fruit, Peaches, Diced	1/2 cup	17	70	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	17	70	0	1	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)
Condiment, Catsup	1 packet	2.0	10	65	0.0	0	0.0
Cheese, Cream, Lite	1 each	2	40	85	0	2	3.5
Condiment, Syrup	1 packet	20	78	0	0	0	0
Condiment, Taco Sauce	1 each	1	5	95	0	0	0
Crackers, Cinnamon Bear	1 package	21.0	130	120	1.0	4	4.0
Crackers, Graham	1 package	20	110	140	1	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	1	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

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