

### Nutrient Information - Breakfast

Breakfast	Serving Size	Calories	Protein	Carbohydrates	Dietary Fiber	Total Fat	Carb Count
Biscuit	1 biscuit	184	4.5g	28g	2g	6g	2
Biscuit with Egg&Cheese	1 elementary	267	38g	29g	2g	11g	2
Biscuit with Egg&Cheese	1 secondary	301	41.5g	30g	2g	14g	2
Biscuit Canadian Ham& Cheese	1 elementary	245	12g	28g	2g	9.5g	2
Biscuit Canadian Ham& Cheese	1 secondary	280	15.5g	29g	2g	11.5g	2
Biscuit Ham& Cheese	1 elementary	239	11g	28g	2g	9g	2
Biscuit Ham& Cheese	1 secondary	276	14.5g	29g	2g	11g	2
Biscuit with Sausage	1 each	277	14.5g	28g	2g	11g	2
Biscuit with Sausage&Cheese	1 each	301	17g	30g	2g	15g	2
Biscuit with Sausage & Gravy	1 each	288	6g	29g	2g	11g	2
Breakfasts bread - Ross bakery	1 each	251	3.5g	41g	1g	9g	2.5
Cereal: Cinnamon Flakes Cereal	1 bowl	101	2g	24g	2.5 g	0.5 g	1.5
Cereal: Froot loops	1 bowl	106	1.5g	24g	1g	1g	1.5
Cereal: Apple Jacks	1 bowl	106	2g	24g	2.5g	1g	1.5
Cereal: Frosted Flakes Multigrain	1 bowl	101	2g	24g	3g	.5g	1.5
Cereal Bar : all flavors	1 bar	159	2g	30g	3g	4g	2
Cheese Breadstick	1 stick	210	12g	26g	2g	7g	1.5
Cinnamon roll	2 oz roll	150	4.5g	24g	1.5g	3g	1.5
English Muffin	1 muffin	120	5g	24g	2g	1.5g	1.5
English Muffin: Can Ham, Egg&Cheese	1 each	225	15g	26g	2g	8g	1.5
English Muffin: Egg&Cheese	1 each	202	12g	26g	2g	7g	1.5
English Muffin: Can Ham & Cheese	1 each	182	13g	25g	2g	5g	1.5
English Muffin: Ham&Cheese	1 each	174	11g	25g	2g	4g	1.5
French Toast	1 each	201	8g	25g	2.5g	8g	1.5
Frittata Ham & Cheese	2/3 cup	145	11g	7g	.5g	7.5g	0.5
Jelly Grape (Indiv packet)	1 each	80	0g	19g	0g	0g	1
Muffin	1 muffin	185	3g	30g	2.5g	6g	2
Oatmeal	1/2 cup	160	6g	27g	2.5g	3.5g	2
Pancakes - Elem	1 serving	155	4g	31g	2g	2g	2
Pancakes - Sec	1 serving	233	6g	46g	3g	3.5g	3
Pancakes: Mini Cinnaglaze	1 serving	220	4g	35g	2g	7g	2
Pancakes : Mini Blueberry	1 serving	190	4g	35g	2g	4g	2
Poptart	1 pastry	180	3g	37g	3g	2.5g	2.5
Sausage Pancake	1 wrap	202	10g	17g	3g	7g	1
Sausage Patty	1 each	91	5g	1g	0g	10g	0
Sausage Wrapped w/ Pancake and fruit	1 each	80	4g	9 g	.5g	3g	0.5
Beef Sausage Sandwich	1 each	183	6g	21g	2g	10g	1
Scrambled Eggs	1 serving	90	6g	2g	0g	6g	0
Syrup	2 Tbsp	104	0g	26g	0g	0g	2
Toast, whole wheat w/margarine	1 slice	106	4g	14g	1.5g	2.5g	1
Toast, whole wheat w/margarine	2 slice	212	8g	28g	3g	5g	2
Tortilla Scramble	1 each	338	15.5g	34g	4g	13g	2
YUM YUM Sunshine Bread	1- 3oz serving	262	10g	43g	2g	3.5g	3
Waffles - Sec	1 serving	197	5g	34.5g	5g	6g	2
Yogurt Parfait	1 serving	374	7g	67g	4g	9.5g	4.5
Waffles - Elem	2 serving	131	3.5g	23g	3g	4g	1.5

Sides & Beverages	Serving Size	Calories	Protein	Carbohydrates	Dietary Fiber	Total Fat	Carb Count
Fruit: fresh banana	1 small	90	1g	23g	2.6g	0g	1.5
Fruit: Peaches Lt Syrup	1/2 cup	77	1g	19g	1g	0g	1
Fruit: fresh apple	1 small	53	.2g	14g	2.4g	0g	1
Fruit: fresh orange	1 small	45	1g	11g	2.3g	0g	1
Orange juice	4oz	50	1g	12g	0g	0g	1
Apple juice	4 oz	60	0g	14g	0g	0g	1
Milk truemoo chocolate	1 cup	130	8g	24g	0g	0g	1.5
Milk truemoo strawberry	1 cup	130	8g	23g	0g	0g	1.5
Milk 1%	1 cup	100	8g	12g	0g	2.5g	1
Milk Fat Free	1 cup	80	9g	12g	0g	0g	1