

Breakfast Carbohydrate Counts

<b>BREAKFAST ITEMS</b>	<b>CARBOHYDRATE COUNT</b>
<b>CEREAL: SMALL</b>	
CEREAL BOWL FRST CORN FLAKE	24 gr.
CEREAL BOWL, CHEERIOS	20 gr.
CEREAL BOWL, Cinnamon CHEERIOS	22 gr.
CEREAL BOWL, Fruity CHEERIOS	26 gr.
CEREAL BOWL, GOLDEN GRAHAM	24 gr.
CEREAL BOWL, LUCKY CHARMS	23 gr.
CEREAL BOWL, RICE CHEX	16 gr.
CEREAL BOWL, RS CIN TST CR WG	22 gr.
CEREAL BOWL, TOTAL RAIS BRAN	25 gr.
CEREAL BOWL, TRIX	24 gr.
<b>CEREAL LARGE</b>	
CEREAL BOWL, CINNAMON TOASTERS	46 gr.
CEREAL BOWL, FRST MINI SPNERS	46 gr.
CEREAL BOWL, HNY NUT SCOOTERS	45 gr.
CEREAL BOWL, HONEY GRAH SQR	48 gr.
Oatmeal	39 gr
<b>BREAKFAST ITEMS</b>	
Cinnamania Cinnamon Bun Grahams	37 gr.
Cinnamania French Toast Grahams	37 gr.
Donuts, WG, Powdered Sugar	
Pop Tart, Cinnamon	75 gr.
Pop Tart, Cinnamon Singles <b>PRIMARY</b>	35 gr.
Pop Tart, Fudge <b>(HIGH SCHOOL)</b>	76 gr.
Pop Tart, Strawberry	75 gr.
Pop Tart, Strawberry Singles <b>PRIMARY</b>	35 gr.
<b>Crackers:</b>	
Animal Crackers 1 pk= 1 Grain	
Bug Bites 1pk=1 Grain	21 gr.
Goldfish Cheddar	
Grahams 3ct pk = 1 Grain	16 gr.
Grahams, Apple Cinn 2ct pk=1 Grain	21 gr.
Grahams, Lemon Bear 2 ct pk=1 Grain	20 gr.
Grahams, Maple, 2 ct pk=1 Grain	20 gr.
Grahams, Strawberry 2ct pk=1 Grain	21 gr.
Grahams, Vanilla Bear 2 ct pk=1 Grain	20 gr.
Ranch Crackers 1 pk=1 Grain	16 gr.
<b>Grains</b>	
Bagel Cinn. Raisin Sliced (1=2 Grains)	41 gr.
Bagel Honey Wheat Sliced (1=2 Grains)	39 gr.
Bagel Plain (1=2Grains)	29 gr.
Bagel-fuls, Cream Cheese(1=2 Grains)	29 gr.

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Bagel-fuls, Cream Cheese & Cinnamon (1=2 Grains)	32 gr.
Bagel-fuls, Cream Cheese & Strawberry (1=2 Grains)	32 gr.
Belvita Breakfast Biscuits, Blueberry (High & Int Only)	36 gr.
Belvita Breakfast Biscuits, Golden Oats (High Only)	35 gr.
Benefit Bar, Apple Cinnamon (High & Int Only)	48 gr.
Benefit Bar, Banana Choc Chunk (High & Int Only)	48 gr.
Benefit Bar, French Toast (High & Int Only)	47 gr.
Biscuit, Pull Apart(1=1 Grain)	13 gr.
Biscuit, Sliced (1=2 grains)	25 gr.
Bread, Banana IW	44 gr.
Bread, Sliced WG	14 gr.
WG Cinnamon Roll	38 gr.
Cinnis Mini,	41 gr.
English Muffin (1=2 Grains)	22 gr.
WG Apple Cinnamon Texas Toast	45 gr.
French Toast Cinn. Glaze	28 gr.
Muffin, Apple Cinnamon (1=1 Grains)	61 gr.
Muffin, Blueberry (1=1 Grain)	30 gr.
Muffin, Blueberry (1=2 Grains)	61 gr.
Muffin, Chocolate Chip (1=1 Grain)	64 gr.
Strudel Frudel, Cherry	36 gr.
Strudel, Frudel, Apple	37 gr.
UBR Breakfast Round (2 gr.)	44 gr.
Waffle Jumbo Square WG	
Waffles, Cinnamon Flavored	35 gr.
Waffles, Maple Flavored	35 gr.
<b>Meat/Meat Alt.</b>	
Breakfast Round, T. Sausage & Cheese	19 gr.
Chicken & Biscuit Breakfast Sandwich (recipe)	36 gr.
Egg & Cheese Omelet WG Pita Pocket	17 gr.
Egg & Cheese Wrap	14 gr.
Egg Patty Grilled (369 ct)	1 gr.
Egg, Sausage, Cheese Brk Burrito	25 gr.
Eggstravaganza Bacon & Cheese	1 gr.
Egg, Bacon Cheese Toast	18 gr.
Egg, Turkey Sausage, Cheese Toast	19 gr.
Fundle, Brk. Skillett	19 gr.
Gravy, Pork Sausage	4 gr.
Ham & Cheese English Muffin Sandwich (recipe)	25 gr.
Pancake on a Stick, Blueberry	18 gr.
Pancake on a Stick, Maple	18 gr.
Pancakes Blueberry Mini	38 gr.
Pancakes Maple Mini	34 gr.
Pizza, Breakfast, Sausage w/Red Sauce	26 gr.
Sliders, Breakfast, Sausage, Egg, & Cheese	21 gr.
Sausage Cheese Gravy Toast	19 gr.
Tac-Go	14 gr.

## Breakfast Carbohydrate Counts

<b>Peanut Butter</b>	
PBJ Waffer Bars 2.3 oz.	32 gr.
PBY Breakfast jamwich 2.8 oz.	34 gr.
Peanut Butter Cup 1.1 oz.	8 gr.
Uncrustable Breakfast	32 gr.
<b>Juice</b>	
Juice, Orange 4 oz.	15 gr.
Juice, Fruit Blend 4 oz.	14 gr.
Juice, Orange/Pineapple 4 oz.	14 gr.
Juice, Grape 4 oz.	19 gr.
Juice Apple 4 oz.	14 gr.
<b>Milk</b>	
Non Fat White	13 gr.
Non Fat Chocolate	20 gr.
Non Fat Strawberry	19 gr.
Low Fat 1% White	13 gr.
<b>Yogurt</b>	
Yogurt Cup 4 oz.	18 gr.
Go Big Yogurt 4 oz.	18 gr.
<b>Misc.</b>	
Jelly, Assorted	9 gr.
Syrup	31 gr.
Revised 6/17	
<b>Breakfast Week: March 5-9, 2018</b>	
Breakfast Biscuit w/Bacon	P-19 g/Int& HS -33g.
Breakfast Biscuit w/Sausage	P-19 g/Int& HS -33g.
Breakfast Biscuit w/Chicken	P-29 g/Int& HS -38g.
Breakfast Bowl	27g.
Yogurt Parfaits 8 oz. w/Fresh Strawberries and Blueberries	54g.
Yogurt Parfaits 4 oz. w/Fresh Strawberries and Blueberries	34.5g.
Omelet Bagel	P-21g./Int.&HS-38g.
Blegium Waffle	43g.
Blegium Waffle w/Strawberries	49g.
Blegium Waffle w/Blueberries	85g.
Blegium Waffle w/Syrup	74g.
Revised 3/2018	