

| BREAKFAST Carbohydrate Counts | Updated 11/16/15 | ITEM# | VENDOR | Carbohydrate Count |
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| BREAKFAST ITEMS | | | | |
| Bagel Bar, Cinnamon w/Cream Cheese (76 ct) | | 388100 | GFS | 30g |
| Bagel Bar, Strawberry w/Cream Cheese (76 ct) | | 13972 | Stanz | 32g |
| Bagel Mini, Cinnamon Cream Cheese (72 ct) | | 401042 | GFS | 41g |
| Bagel Mini, Strawberry Cream Cheese (72 ct) | | 401034 | GFS | 41g |
| Belvita Brk Biscuits, Blueberry (64 ct) (Inter. ONLY) | | 327183 | GFS | 36g |
| Belvita Brk Biscuits, Golden Oats (64 ct) HS ONLY | | 327190 | GFS | 35g |
| Benefit Bar, Apple Cinnamon (48 ct) | | 879671 | GFS | 48g |
| Benefit Bar, Banana Choc Chuck (48 ct) | | 875860 | GFS | 48g |
| Benefit Bar, French Toast (48 ct) | | 541404 | Troyers | 47g |
| Buns, Breakfast Cinnamon IW (72 ct) | | 14612 | Stanz | 38g |
| Roll, Cinnamon Sky Blue | | 469883 | GFS | 29g |
| Cinnis Mini, (72 ct) | | 806368 | Troyers | 41g |
| Frudel, Apple (72 ct) | | 806852 | Troyers | 37g |
| Frudel, Cherry (72 ct) | | 806851 | Troyers | 36g |
| Pop Tart, Cinnamon (72 ct) | | 623125 | Troyers | 75g |
| Pop Tart, Fudge (72 ct) (HIGH SCHOOL ONLY) | | 623073 | Troyers | 76g |
| Pop Tart, Strawberry (72 ct) | | 623133 | Troyers | 75g |
| Poptart, single (Primary-1.25 Grain) | | | | 35g |
| Power Alley Bar (144 ct) | | 721433 | GFS | 32g |
| UBR Rounds, (140 ct) | | 794230 | GFS | 44g |
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| PANCAKES/WAFFLES/FRENCH TOAST | | | | |
| Pancakes Apple Cinnamon Mini (72 ct) | | 445627 | Troyers | 37g |
| Pancakes Blueberry Mini (72 ct) | | 445626 | Troyers | 38g |
| Pancakes Cinnamon Mini (72 ct) | | 445628 | Troyers | 34g |
| Pancakes Maple Mini (72 ct) | | 445625 | Troyers | 36g |
| Waffles, Belgian Stick (1 stick=1Grain) (2/5#) | | 14308 | Stanz | 2-27g |
| Waffles, Cinnamon Flavored (72 ct) | | 445313 | Troyers | 35g |
| Waffles, Maple Flavored (72 ct) | | 445315 | Troyers | 35g |
| Apple Cinnamon French Toast | | | Stanz | n/a |
| French Toast Stick (130 ct) | | | Stanz | n/a |
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| MUFFINS: | | | | |
| Muffin, Blueberry (1=1 Grain) (72 ct) | | 811143 | Troyers | 30g |
| Muffin, Chocolate Chip (1=1 Grain) (72 ct) | | 811145 | Troyers | 32g |
| Muffin, Blueberry (1=2 Grains) (48 ct) | | 811147 | Troyers | 61g |
| Muffin, Apple Cinnamon (1=2 Grains)(48 ct) | | 811150 | Troyers | 61g |
| Muffin, Chocolate Chip (1=2 Grains) | | 811149 | Troyers | 64g |
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| BREAKFAST BREADS: | | | | |
| Cinnamon Swirl IW (1=2 Grains)(81 ct) | | 235071 | Troyers | 31g |
| Blueberry Breakfast Bread (IW)(1=2 Grains)(84 ct) | | 235108 | Troyers | n/a |
| Cherry Breakfast Bread (IW) (1=2 Grains) (84 ct) | | 235009 | Troyers | n/a |

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| Texas Cinnamon Toast, (IW) (1=2 Grains) (84 ct) | 235001 | Troyers | 34g |
| Texas Cinnamon Toast, Bulk (1=2 Grains) (84 ct) | 235001 | Troyers | 34g |
| Bread, Banana IW | 806071 | Troyers | 44g |
| Bagel Cinnamon Raisin Sliced (1=2 Grains) (60 ct.) | 573765 | Troyer | 41g |
| Bagel Honey Wheat Sliced (1=2 Grains)(12/6ct) | 805625 | Troyer | 39g |
| Bagel Plain (1=2Grains)(72 ct) | 14364 | Stanz | 29g |
| Biscuit, Pull Apart(1=1 Grain)(175 ct) | 521782 | GFS | 13g |
| Biscuit, Sliced (1= 2 Grains)(144 ct) | 573923 | Troyer | 25g |
| Bread Sliced IW (1 Grain)(100 ct) | 500351 | Troyer | 14g |
| English Muffin (1=2 Grains) (12/12 ct) | 811802 | Troyer | 24g |
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| CEREAL: SMALL | | | |
| CEREAL BOWL, LUCKY CHARMS (96 ct) | 36781 | Stanz | 23g |
| CEREAL BOWL, Cinnamon CHEERIOS (96 ct) | 36786 | Stanz | 22g |
| CEREAL BOWL, CHEERIOS (96 ct) | 36794 | Stanz | 20g |
| CEREAL BOWL, Fruity CHEERIOS (96 ct) | 36797 | Stanz | 26g |
| CEREAL BOWL FRST CORN FLAKE (96 ct) | 36860 | Stanz | 24g |
| CEREAL BOWL, GOLDEN GRAHAM (96 ct) | 36862 | Stanz | 24g |
| CEREAL BOWL, TRIX (96 ct) | 36867 | Stanz | 24g |
| CEREAL BOWL, TOTAL RAIS BRAN (96 ct) | 36934 | Stanz | 25g |
| CEREAL BOWL, RICE CHEX (96 ct) | 36962 | Stanz | 16g |
| CEREAL BOWL, RS CIN TST CR WG (96 ct) | 36964 | Stanz | 22g |
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| LARGE | | | |
| CEREAL BOWL, HONEY GRAH SQR (48 ct) | 39120 | Stanz | 48g |
| CEREAL BOWL, HNY NUT SCOOTERS (48 ct) | 39122 | Stanz | 45g |
| CEREAL BOWL, FRST MINI SPNERS (48 ct) | 39130 | Stanz | 46g |
| CEREAL BOWL, CINNAMON TOASTERS (48 ct) | 39131 | Stanz | 46g |
| CEREAL BOWL, Oatmeal | 380950 | Troyers | 39g |
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| Meat/Meat Alt. | | | |
| Turkey Sausage, Egg, Cheese Fundle -JTM | | Stanz | 19g |
| Turkey Sausage Gravy Fundle -JTM | | Stanz | 22g |
| Turkey Sausage Breakfast Pizza (128 ct) | 17485 | Stanz | 26g |
| Egg Bacon Cheese Toast (120 ct) | 13964 | Stanz | 18g |
| Egg Turk Sausage Cheese Toast- Tasty Brand 55102 | | | 19g |
| Egg Cheese Breakfast Wrap (75 ct) | | Stanz | n/a |
| Egg Patty Grilled (369 ct) | | Stanz | n/a |
| Egg, Sausage, Cheese Brk Burrito (90 ct) | 830221 | Troyers | 25g |
| Egg, Sausage, Cheese Frittata (210 ct) | | Stanz | n/a |
| Eggstravaganza Bacon & Cheese (4/5#) | | Stanz | n/a |
| Gravy, Pork Sausage (6/5#) 2.7 oz - 1 oz m/ma | 15800 | Stanz | 4 g |
| Pancake on a Stick, Blueberry (56 ct) | 497182 | GFS | 18g |
| Pancake on a Stick, Maple (56 ct) | 497202 | GFS | 18g |
| Pancake Sausage Sandwich IW (168 ct) | 235125 | Troyers | 21g |
| Sausage Cheese Gravy Toast (120 ct) | 13966 | Stanz | 19g |
| Chicken Breakfast Biscuit | recipe | | 36g |
| Ham & Cheese English Muffin Sandwich | | | 25g |

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| Yogurt cup - 4 oz | | | 20g |
| Yogurt parfait, strawberry | recipe | | 51g |
| Yogurt parfait, peach | recipe | | 35g |
| PBJ Wafer Bars 2.3 oz | | | 32g |
| PBJ Breakfast Jamwich 2.8 oz (1 sandwich) | | | 34g |
| Peanut Butter Cup 1.1 oz | | | 8g |
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| 1 Grain CRACKERS: | | | |
| Grahams 3ct pk = 1 Grain (100 ct) | 529974 | GFS | 16g |
| Grahams, Strawberry 2ct pk=1 Grain (300 ct) | 35366 | Stanz | 21g |
| Grahams, Vanilla Bear 2 ct pk=1 Grain (300 ct) | 35362 | Stanz | 20g |
| Grahams, Lemon Bear 2 ct pk=1 Grain (300 ct) | 7409 | CFS | 20g |
| Grahams, Maple, 2 ct pk=1 Grain (300 ct) | 35394 | Stanz | 20g |
| Grahams, Apple Cinnamon 2ct pk=1 Grain (300 ct) | 403001 | CFS | 21g |
| Animal Crackers 1 pk= 1 Grain (100 ct) | | | n/a |
| Bug Bites 1pk=1 Grain (175 ct) | 645644 | Troyer | 21g |
| Physedibles Vanilla 1 pk=1 Grain (300 ct) | 580202 | GFS | 19g |
| Ranch Crackers 1 pk=1 Grain (300 ct) | 645389 | Troyer | 16g |
| Saltine, 4 ct pk= 1 Grain (400 ct) | | | n/a |
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| 2 Grain Crackers: | | | |
| Cinnamania Cinnamon Bun Grahams (100 ct) | 645226 | Troyer | 37g |
| Cinnamania French Toast Grahams (100 ct) | 645520 | Troyer | 37g |
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| JUICE: | | | |
| JUICE ORANGE 4 oz. (70 ct) | 19382 | Stanz | 15g |
| JUICE FRUIT BLEND 4 oz. (70 ct) | 19383 | Stanz | 14g |
| JUICE ORANGE/PINE 4 oz. (70 ct) | 19384 | Stanz | 14g |
| JUICE GRAPE 4 oz. (70 ct) | 19385 | Stanz | 19g |
| JUICE APPLE 4 oz. (70 ct) | 19386 | Stanz | 14g |
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| MILK: | | | |
| non fat white | | Deans | 13g |
| non fat chocolate | | Deans | 20g |
| non fat strawberry | | Deans | 19g |
| low fat 1% white milk | | Deans | 13g |
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| MISC. | | | |
| Jelly, Assorted (200 ct) | 284912 | GFS | 9g |
| Syrup (200 ct) | 160090 | GFS | 31g |