

# Nutrition Information for Elementary Breakfast Menu

Updated May 1, 2010

PLEASE NOTE: The information contained in this list has been gathered from food manufacturers and the USDA. It is based on standard serving size. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, and/or product assembly at the school level.

| <b>Breakfast Choices</b>     | <b>Kcal</b> | <b>Fat (gm)</b> | <b>%Kcal from Fat</b> | <b>Sat Fat (gm)</b> | <b>%Sat Fat</b> | <b>Carbs (gm)</b> | <b>Dietary Fiber (gm)</b> |
|------------------------------|-------------|-----------------|-----------------------|---------------------|-----------------|-------------------|---------------------------|
| <b>SIDES</b>                 |             |                 |                       |                     |                 |                   |                           |
| Apple Slices, 2 oz           | 30          | 0               | 0%                    | 0                   | 0%              | 8                 | 1                         |
| Apple Slices, Hot            | 110         | 0.5             | 4%                    | 0                   | 0%              | 28                | 1.7                       |
| Applesauce                   | 52          | 0               | 0%                    | 0                   | 0%              | 13                | 1.4                       |
| Apricots, halves             | 59          | 0               | 0%                    | 0                   | 0%              | 15                | 2                         |
| Bagel, Half                  | 120         | 0.5             | 4%                    | 0                   | 0%              | 24.5              | 1                         |
| Banana                       | 105         | 0.5             | 4%                    | 0                   | 0%              | 27                | 2.7                       |
| Biscuit                      | 190         | 8               | 38%                   | 7                   | 33%             | 24                | 0.7                       |
| Cheese Stick, Cheddar        | 80          | 5               | 56%                   | 3                   | 34%             | 0                 | 0                         |
| Cheese Stick, Colby          | 80          | 5               | 56%                   | 3                   | 34%             | 0                 | 0                         |
| Cheese Stick, Mozzarella     | 80          | 6               | 68%                   | 3.5                 | 39%             | 0.5               | 0                         |
| Fruit Mix, Light Syrup       | 78          | 0               | 0%                    | 0                   | 0%              | 20                | 2                         |
| Graham Crackers, 1 pack      | 90          | 2.5             | 25%                   | 0.5                 | 5%              | 16                | 0                         |
| Hash Brown Patty             | 117         | 7.2             | 55%                   | 1.8                 | 14%             | 12.7              | 1.8                       |
| Mandarin Oranges             | 74          | 0               | 0%                    | 0                   | 0%              | 20                | 1                         |
| Muffin, Apple Cinnamon       | 170         | 5               | 26%                   | 1                   | 5%              | 27                | 1                         |
| Orange Wedges                | 59          | 0.5             | 8%                    | 0                   | 0%              | 14.4              | 3                         |
| Peaches, Light Syrup         | 69          | 0               | 0%                    | 0                   | 0%              | 19                | 1.7                       |
| Pears, Light Syrup           | 74          | 0               | 0%                    | 0                   | 0%              | 20                | 2                         |
| Pineapples                   | 57          | 0               | 0%                    | 0                   | 0%              | 15                | 0.8                       |
| Raisins, 1.5 oz box          | 130         | 0               | 0%                    | 0                   | 0%              | 33                | 3                         |
| Rosy Applesauce              | 144         | 0               | 0%                    | 0                   | 0%              | 36                | 0                         |
| Toast, Cinnamon              | 131         | 4               | 27%                   | 0.6                 | 4%              | 22                | 2                         |
| Toast, Whole Wheat           | 102         | 4               | 35%                   | 0.7                 | 6%              | 12                | 1                         |
| <b>ENTREES</b>               |             |                 |                       |                     |                 |                   |                           |
| Bagel, Half with Cheese      | 190         | 4.5             | 21%                   | 2.5                 | 12%             | 26.5              | 1                         |
| Bagel, Whole                 | 240         | 1               | 4%                    | 0                   | 0%              | 49                | 2                         |
| Breakfast Burrito            | 221         | 10              | 41%                   | 4                   | 16%             | 24                | 1                         |
| Breakfast Pizza              | 180         | 7               | 35%                   | 2                   | 10%             | 19                | 1                         |
| Cheerios Cereal              | 70          | 1               | 13%                   | 0                   | 0%              | 14                | 2                         |
| Cheese Omelet                | 125         | 10              | 72%                   | 3.6                 | 26%             | 2                 | 0                         |
| Chicken Biscuit              | 309         | 16              | 47%                   | 8.6                 | 25%             | 29                | 0.7                       |
| Cinnamon Toast Crunch Cereal | 120         | 3               | 23%                   | 0.5                 | 4%              | 22                | 1                         |

|  |     |     |     |     |     |     |     |
|--|-----|-----|-----|-----|-----|-----|-----|
| English Muffin, Sausage and Egg                                      | 195 | 7   | 32% | 2.2 | 10% | 21  | 3   |
| French Toast, Cinnamon   | 156 | 5   | 29% | 1   | 6%  | 23  | 0   |
| French Toast Sticks  | 155 | 3.7 | 21% | 1.1 | 6%  | 24  | 2.2 |
| French Toast Sticks, Strawberry Banana                               | 210 | 8   | 34% | 2   | 9%  | 28  | 1   |
| Fruit Yogurt   | 110 | 1   | 8%  | 0.5 | 4%  | 22  | 0   |
| Fruity Cheerios Cereal   | 90  | 1   | 10% | 0   | 0%  | 21  | 1   |
| Golden Graham Cereal   | 110 | 1   | 8%  | 0   | 0%  | 24  | 0   |
| Honey Nut Cheerios   | 90  | 1   | 10% | 0   | 0%  | 20  | 2   |
| Hot Pocket, Egg and Cheese   | 140 | 5   | 32% | 2   | 13% | 18  | 1   |
| Mini Loaf, Apple Cinnamon  | 190 | 7   | 33% | 1   | 5%  | 30  | 2   |
| Mini Loaf, Blueberry   | 170 | 6   | 32% | 1   | 5%  | 29  | 2   |
| Multigrain Cheerios  | 80  | 0.5 | 6%  | 0   | 0%  | 19  | 0   |
| Pancake on a Stick   | 180 | 8   | 40% | 2.5 | 13% | 18  | 0   |
| Pancakes, Maple Flavor   | 220 | 7   | 29% | 1.5 | 6%  | 35  | 1   |
| Rice Crunchins Cereal  | 70  | 0   | 0%  | 0   | 0%  | 18  | 0   |
| Sausage Biscuit  | 280 | 15  | 48% | 9.5 | 31% | 25  | 0.7 |
| Scrambled Eggs   | 130 | 9   | 62% | 2.8 | 19% | 1.6 | 0   |
| Scrambled Eggs with Cheese   | 289 | 22  | 69% | 10  | 31% | 3   | 0   |
| Super Bun  | 270 | 15  | 50% | 4.5 | 15% | 31  | 1   |
| Super Ring   | 250 | 11  | 40% | 3   | 11% | 29  | 0.5 |
| Sweet Potato Pancakes  | 185 | 2   | 10% | 0   | 0%  | 29  | 4   |
| Total Raisin Bran Cereal   | 100 | 0.5 | 5%  | 0   | 0%  | 25  | 3   |
| Ultimate Breakfast Round   | 260 | 8   | 28% | 3   | 10% | 44  | 6   |
| Waffle Snack, Blueberry  | 240 | 9   | 34% | 2   | 8%  | 37  | 2   |
| Waffle Sticks  | 140 | 2   | 13% | 0.5 | 3%  | 28  | 1   |
|  |     |     |     |     |     |     |     |
| <b>DRINKS</b>  |     |     |     |     |     |     |     |
| *Juice, Assorted Average 4 oz  | 60  | 0   | 0%  | 0   | 0%  | 14  | 0   |
| *Milk, Assorted Average 8 oz   | 136 | 2   | 13% | 1.4 | 9%  | 21  | 0.3 |
|  |     |     |     |     |     |     |     |
| <b>CONDIMENTS</b>  |     |     |     |     |     |     |     |
| Cream Cheese, Light 1 Pkt.   | 40  | 3   | 68% | 2   | 45% | 3   | 0.1 |
| Cream Cheese, Strawberry   | 60  | 3   | 45% | 2   | 30% | 4   | 0   |
| *Jelly, Assorted Average   | 37  | 0   | 0%  | 0   | 0%  | 10  | 0   |
|  |     |     |     |     |     |     |     |
| <i>*Please see individual packaging for flavor-specific amounts.</i> |     |     |     |     |     |     |     |