

Nutrition Information for Secondary 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.

Breakfast Choices	Kcal	Fat (gm)	%Kcal from Fat	Sat Fat (gm)	%Sat Fat	Carbs (gm)	Dietary Fiber (gm)
SIDES							
Apricots, halves	59	0	0%	0	0%	15	2
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
Mandarin Oranges	74	0	0%	0	0%	20	1
Muffin, Apple Cinnamon	170	5	26%	1	5%	27	1
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
ENTREES							
Bagel, Whole	240	1	4%	0	0%	49	2
Breakfast Burrito	221	10	41%	4	16%	24	1
Cereal Bar, Cheerios	150	3.5	21%	0	0%	28	2
Cereal Bar, Cinnamon Toast Crunch	160	3.5	20%	0	0%	30	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
French Toast, Cinnamon	156	5	29%	1	6%	23	0
French Toast Sticks	210	7	30%	1	4%	33	2
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 & Cheese	140	5	32%	2	13%	18	1

Multigrain Cheerios	80	0.5	6%	0	0%	19	0
Pancake on a Stick	190	8	38%	2.5	12%	18	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
Waffle Sticks	140	2	13%	0.5	3%	28	1
DRINKS							
*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
CONDIMENTS							
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

**Please see individual packaging for flavor-specific amounts.*