

Breakfast Carbohydrate Count – MIDDLE & HIGH SCHOOLS

For more information, please contact Food and Nutrition Services at 686-7735 ext. 78090.

Entrée	Calories	Carbohydrates (grams)	Fiber (grams)
<i>Breakfast Griddle:</i>			
French Toast with Sausage	280	25	0
Pancakes Mini & Sausage	221	15	1
<i>Breakfast Pizza:</i>			
Bacon & Egg	360	27	1
Sausage & Egg	359	29	3
<i>Breakfast Sandwiches:</i>			
Egg & Cheese on a Bagel	223	26	3
Egg & Cheese on a Biscuit	280	28	2
Egg & Cheese on a English Muffin	227	27	3
Bacon, Egg & Cheese on a Bagel	303	26	3
Bacon, Egg & Cheese on a Biscuit	360	28	2
Bacon, Egg & Cheese on a English Muffin	307	27	3
Sausage, Egg & Cheese on a Bagel	299	27	3
Sausage, Egg & Cheese on a Biscuit	356	28	2
Sausage, Egg & Cheese on a English Muffin	303	27	3
<i>Cereals:</i>			
Cinnamon Flakes	200	48	5
Cinnamon Toast Crunch	230	45	3
Low-fat Granola w/ raisins	220	47	4
<i>Muffins:</i>			
Apple Cinnamon	412	52	3
Banana	325	42	3
Blueberry	406	51	3
Chocolate Chip	342	43	3
<i>Other:</i>			
Breakfast Burrito	210	28	4
Fruit & Yogurt Parfait	497	95	7
Bagel w/out Cream Cheese	185	38	4
Bagel w/ Plain Cream Cheese	285	39	4
Bagel w/ Strawberry Cream Cheese	265	42	4
Breakfast Bar (All flavors)	280	78	3
Cinnamon Roll	403	68	5
Poptarts	372	75	6

Sides			
Fruit			
Applesauce, Motts	69	18	1
Apricots, canned	69	18	1
Banana, fresh	90	23	3
Fruit Cocktail	69	18	1
Grapes, fresh	55	14	0
Kiwi, fresh	52	12	3
Mandarin Oranges	69	18	1
Nectarine, fresh	60	14	2
Orange, fresh	45	11	2
Peaches, canned	69	18	1
Pear, fresh	84	23	5
Pears, canned	69	18	1
Pineapple, canned	69	18	1
Tropical Fruit Salad	69	18	1
Juice			
100% Fruit Juice – 6oz. All flavors	83	21	0
Milk			
Milk, 1/2 pint, 1% fat	130	16	0
Hot Chocolate (fat free Choc. Milk, 1/2 pint) Offered hot in winter	120	22	0
Milk, Nonfat	90	13	0

Update 9/2016