

ELEMENTARY BREAKFAST NUTRITIONALS FY 10-11

Recipe Description	Portion Size	Cals	mg Sodm	g Fiber	mg Iron	mg Calcm	IU Vit-A	mg Vit-C	g Protn	g Carb	g T-Fat
Apple Bosco Stick	1 EACH	170	35	2	1.44	0	0	1.2	5	40	2
Apple Cherry Juice, 4oz	1 EACH	58	4	0	0.5	8	3	60	0	15	0
Apple Juice, 4oz	1 EACH	60	4	0	0.5	8	3	1	0.16	15	0
Apple Juice, 6 oz	1 EACH	87	4	0	6	0	5	1	0	23	0
Apple Quarters: s/o Red Del.	1 EACH	106	1	3.56	0.19	7.4	82	99.28	0.27	27.62	0
Apple, Fugi or Red Del:163ct	1 EACH	55	1	2.5	0.18	10	50	4.8	0.3	14.6	0.2
Applesauce	1/2 CUP	97	11	2.16	0.48	5.4	30	2.59	0.5	24.84	0.27
Bananas: Petite S/O	1 EACH	110	0	3	0.4	10	100	12	1	29	0
Bananas: Turning, Fresh	1 EACH	115	1	3.34	0.34	9.5	95	11.44	1.43	29.64	0.38
Breakfast Bagel: Saus/Cheese	1 EACH	191	516	0.4	1	177	262	1.1	10.4	19.2	7.9
Breakfast Bar, Assorted	1 each	287	223	3	1.8	20	0	0	5	47.75	9
Breakfast Cereal,Variety	BOWL	33	53	0.2	1.6	21.7	138	1.98	0.42	6.92	0.48
Breakfast Hot Pocket	1 EACH	170	350	1	1.1	223	350	0	8	19	7
Breakfast Pizza, Sausage	1 EACH	230	630	2	2	145	350	0	10	24	10
Cinnamon Breakfast Round	1 EACH	270	240	6	2.4	32.8	9	0	4	44	8
Cinnamania Cinn. Bun Graham	1 EACH	230	230	1	1.1	100	0	0	3	36	8
Cinnamania French Toast Graham	1 EACH	230	200	1	1.1	100	0	0	3	36	8
Cinnamon Tastries	1 EACH	220	420	1	3	50	34	0	5	39	8
Cinnamon Toast	1 EACH	178	345	1.08	1.45	21.5	250	0.01	4.01	27.22	6.5
French Toast Sticks	SERVING	162	295	0.74	1.99	44.2	147	0	7.37	25.06	3.32
Fruit Punch, 4oz	1 EACH	60	3	0	0.2	8	10	100	0.5	15	0
Goldfish Graham	1 EACH	120	107	0.5	0.72	0	0	0	1.5	19	3.75
Grape Jelly: Packaged	1 EACH	35	0	0	0	0	0	0	0	9	0
Grape Juice, 4oz	1 EACH	70	4	0	0.15	4	10	10	0.72	18	0
Grapefruit, Red	1/2 EACH	53	0	1.83	0.15	19.9	1539	57.1	1.05	13.41	0.17
Grapes, Seedless: Lunch Bunch	1/2 CUP	64	2	0.81	0.31	11.6	58	10.06	0.69	16.76	0.17
Grilled Cheese Sandwich Brkfst	1 EACH	240	780	2	1.44	190	300	0	9	29	11
Kiwi Fruit	1 EACH	45	2	2.24	0.18	29.2	49	68.35	0.88	10.81	0.39
Lumberjack	1 EACH	240	320	1	1.4	0	0	0	6	22	14
Mandarin Oranges: Lt Syrup	1/2 CUP	79	8	1.51	0.46	10	1625	24.62	0.68	20.17	0.18

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Maple Syrup	1 EACH	130	5	0	1.1	0	0	0	0	33	0
Milk, Skim	1 EACH	80	120	0	0	300	500	1.2	8	11	0
Milk, 2% Lowfat	1 EACH	120	120	0	0	300	500	1.2	8	11	5
Milk, Chocolate 1%	1 EACH	160	240	0	0	300	500	1.2	8	26	2.5
Milk, Strawberry, 1%	1 EACH	160	120	0	0	300	500	1.2	8	28	2.5
Milk, Vanilla 1%	1 EACH	175	125	0	0	300	500	1.2	8	27	2.5
Mixed Fruit	1/2 CUP	86	8	3.01	0.54	15	451	3.61	0	22.54	0
Orange Juice, 4oz	1 EACH	60	1	0	0.1	11	4	60	1	15	0
Oranges: 113CT	1 EACH	75	0	3.84	0.16	61.1	349	85.34	1.48	18.85	0.18
Pancakes	2 EACH	153	260	2	0.96	26.7	0	0	3.33	27.33	4
Peaches: Chilled, Lt Syrup	1/2 CUP	69	6	2.08	0.44	3.7	667	2.94	0.66	17.69	0.05
Pears, Fresh	1 EACH	88	2	4.69	0.26	13.6	35	6.35	0.57	23.38	0.18
Pears: Chilled, LT Syrup	1/2 CUP	72	6	2.01	0.35	6.3	0	0.88	0.24	19.04	0.04
Pineapple Tidbits	1/2 CUP	55	1	1.19	0.26	14.6	46	8.58	0.47	14.21	0.1
Pizza Finger	SLICE	145	295	0.5	1.35	200	250	2.4	9	15	5.5
Raisins, Seedless, Single Serv	2 EACH	224	8	2.78	1.41	37.7	0	1.73	2.3	59.49	0.34
Rosy Applesauce	1/2 CUP	123	48	2.1	0.47	5.2	29	8.72	0.9	31.14	0.26
Sausage Biscuit	1 EACH	201	466	0.5	0.7	40	56	0	7.8	13	13.2
Sliced Bread	SLICE	70	143	1.5	0.72	20	0	0	2	14	1
Smart Choice Muffin, Assorted	1 EACH	280	328	3	4.5	250	1000	0	6.5	46.25	9
Pretzel, Soft: 2.5oz	1 EACH	180	150	1	1.8	20	0	0	6.21	38	1
Sausage Biscuit w/Cheese	SERVING	251	721	0.5	0.7	115	206	0	10.3	13.5	17.7
Snacken Waffle, Assorted	1 EACH	287	275	2	1.8	40	200	0	5	41.5	10
String Cheese, Mozzarella	1 EACH	60	210	0	0	200	200	0	8	1	2.5
Sunbutter Sandwich	SERVING	340	405	7	2.88	60	0	0	11	35	18
Super Donut Plus	SERVING	340	400	1	9	250	2000	30	6	42	15
Yogurt - Breakfast	1 EACH	90	75	0	0	300	0	0.72	3	19	0