

MIDDLE SCHOOL 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, Red Delicious: 113CT	1 EACH	72	1	3.3	0.18	10	50	6.6	0.4	19.1	0.2
Apple Juice, 4oz	1 CUP	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
Applesauce	1/2 CUP	97	11	2.16	0.48	5.4	30	2.59	0.5	24.84	0.27
Bananas: Turning, Fresh	1 EACH	115	1	3.34	0.34	9.5	95	11.44	1.43	29.64	0.38
Breakfast Cereal,Variety	SERVING	33	53	0.2	1.6	21.7	138	1.98	0.42	6.92	0.48
Bagel, Plain	1 EACH	290	700	3	4.5	20	100	0	11	58	1
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 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
Breakfast Quesadilla	1 EACH	154	391	0.9	0.7	109.6	122	0.1	7.8	18.8	4.9
Cinnamon Breakfast Round	1 EACH	270	240	6	2.4	32.8	9	0	4	44	8
Cinnamon Tastries	1 EACH	220	420	1	3	50	34	0	5	39	8
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
Grape Jelly: Packaged	1 EACH	35	0	0	0	0	0	0	0	9	0
Grapes, Seedless: Lunch Bunch	1/2 CUP	64	2	0.81	0.31	11.6	58	10.06	0.69	16.76	0.17
Grape Juice, 4oz	1 CUP	70	4	0	0.15	4	10	10	0.72	18	0
Goldfish Graham	1 EACH	120	107	0.5	0.72	0	0	0	1.5	19	3.75
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
Maple Syrup	1 EACH	130	5	0	1.1	0	0	0	0	33	0
Milk - Variety	1 EACH	158	191	0	0	300	500	1.2	8	24.42	2.77
Mixed Fruit	1/2 CUP	86	8	3.01	0.54	15	451	3.61	0	22.54	0
Orange Juice: Fresh 4oz Cup	1 CUP	0	0	0	0	0	0	0	0	0	0
Oranges: 113CT	1 EACH	75	0	3.84	0.16	61.1	349	85.34	1.48	18.85	0.18
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: Chilled, LT Syrup	1/2 CUP	72	6	2.01	0.35	6.3	0	0.88	0.24	19.04	0.04
Pears, Fresh	1 EACH	88	2	4.69	0.26	13.6	35	6.35	0.57	23.38	0.18
Pineapple Tidbits	1/2 CUP	55	1	1.19	0.26	14.6	46	8.58	0.47	14.21	0.1

Pop-Tarts, Assorted Flavors	PACKAGE	410	377	1	3.6	0	1000	0	4.86	72	11.14
Sausage Biscuit w/Cheese	SERVING	251	721	0.5	0.7	115	206	0	10.3	13.5	17.7
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
Snacken Waffle, Assorted	1 EACH	287	275	2	1.8	40	200	0	5	41.5	10
Super Donut Plus	1 EACH	340	400	1	9	250	2000	30	6	42	15
Uncrustable PB&Jelly: 2.8 OZ	1 EACH	318	344	2.87	1.46	22.8	1	0	9.05	33.29	16.09
Yogurt - Breakfast	1 EACH	90	75	0	0	300	0	0.72	3	19	0