

Breakfast Carbohydrate Count - Secondary Schools

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

Breakfast	Calories	Carbohydrates (grams)
Entrée		
Bagel w/ Cream Cheese	282	39
Breakfast Bar (All flavors)	290	48
Breakfast Burrito	360	48
Breakfast Pizza	340	26
Cereals:		
Cinnamon Chex	220	46
Cinnamon Toast Crunch	230	45
Honey Nut Cheerios	213	45
Chicken Sausage Pancake Fritter	223	17
Cinnamon Roll	471	80
Egg and Sausage Breakfast Wrap	385	41
Fruit & Yogurt Parfait	261	48
Muffins		
Banana	407	53
Blueberry	398	50
Chocolate Chip	455	56
Pancakes Mini & Turkey Sausage	341	34
Poptarts	372	75
PBJ Uncrustable Sandwich	300	34
Smoothie & Fast Start Bar	313	61
Smoothie	153	33
Turkey Taco Nada	264	31

Item	Calories	Carbohydrates (grams)
Sides		
Fruit		
Applesauce, Motts	100	25
Apricots, canned	80	21
Banana, fresh	90	23
Fruit Cocktail	69	18
Grapes, fresh	31	8
Kiwi, fresh	46	11
Mandarin Oranges	80	18
Nectarine, fresh	60	14
Orange, fresh	45	11
Peaches, canned	87	21
Pear, fresh	86	23
Pears, canned	72	19
Pineapple, canned	70	17
Tropical Fruit Salad	69	18
JUICES:		
100% Fruit Juice – 6oz. All flavors	85	21
Milk		
Milk, 1/2 pint, 1% fat	130	16
Choc. Milk, 1/2 pint, Nonfat	120	22
Milk, Nonfat	90	13