

Breakfast Food Items – Carb Count

Main Entre	Fruit Sides	Beverages
Bagel, Blueberry 47 gr	Apple Slices – 11 gr	Juice, Apple 13 gr
Bagel, Cin & Raisin 47 gr	Applesauce 12 gr	Juice, Orange 16 gr
Bagel, Egg 44 gr	Banana 27	Milk 1% - 13gr
Cereal, Reduced Sugar Cin Tst Crunch – 22 gr	Orange Wedges – 16 gr	Milk, Skim – 11 gr
Cereal, Cin Chex – 23 gr	Peaches – 14 gr	
Cereal, Multigrain Cheerios – 23 r		
Cherry Frudel – 37 gr		
Choc Crescent – 37 gr		
Cin Oat Biscuit – 43 gr	Cream Cheese – 1gr	
Cinni Mini – 40 gr	String Cheese – 1 gr	
Muffin & Craisins – 56 gr		
Muffin MS – 52 gr		
Pancakes – 34 gr		
Trail Mix Bar – 46 gr		