

BREAKFAST ITEMS CALORIE/CARB COUNTS
****VARIES BY SCHOOL - DAY - ITEM AVAILABILITY****

FOOD ITEM	TOTAL CALORIES	Carbs (G)	Base Serving Size
1/2 cup Fruit or Vegetable	Varies	Varies	1 serving
Apple Frudel	210	36	1 frudel
Apple/ Strawberry Nutri-Grain Bar	160	30	1 bar
Assorted Fresh Fruit	Varies	Varies	1 serving
Assorted Juice, 4 oz.	64	15-20	1 serving
Bagel	150	28	1 serving
Benefit Bars - Variety	290	48	1 bar
Blueberry Muffin	140	23	1 muffin
Breakfast Bread - Variety	273	40-45	1 slice
Cereal Bowlpak - Variety 1-oz	av 110	av 23	1 serving
Cereal Bowlpak - Variety 2-oz	av 220	av 46	1 serving
Cheese Stick, String	80	2	1 stick
Cherry Muffin	230	39	1 muffin
Chocolate Chip Muffin	140	25	1 muffin
Cinnamon Toast Crunch Soft Filled Bar	250	40	1 bar
Cocoa Cherry Bar	200	35	1 bar
Craisins	110	28	1 pkg
Cream Cheese	90	1	1 oz
Double Chocolate Whole Grain Muffin 4 oz	380	63	1 muffin
Hard Boiled Egg	60	0	1 egg
Milk, 1% Lowfat	110	13	1 cup
Milk, Fat Free Chocolate	130	24	1 cup
Mini Cinnis	240	40	1 serving
Pop Tart WG Variety	170	37	1 each
Trix Cereal Bar	150	30	1 bar
Ultimate Breakfast Round	240	43	2.4 oz
Zee-Zee's Dried Mixed Fruit	130	31	1 pkg

