

Elementary Breakfast

Entrees:	Carbs:	Size
Biscuit, Cheese - Total	24.0	1 each
<i>Biscuit</i>	23.0	1 each
<i>Cheese, American Sliced</i>	1.0	1 each
Biscuit, Chicken - Total	33.0	1 each
<i>Biscuit</i>	23.0	1 each
<i>Chicken Fillet (breakfast)</i>	10.0	1 each
Biscuit, Sausage - Total	24.0	1 each
<i>Biscuit</i>	23.0	1 each
<i>Sausage Patty</i>	1.0	1 each
Breakfast Pizza	21.3	3.25 oz.
<u>Cereal:</u>		
Apple Cinnamon Cheerios (pre-packaged)	22.0	1 bowl
Cinnamon Toast Crunch (pre-packaged)	22.0	1 bowl
Cocoa Puffs (pre-packaged)	25.0	1 bowl
Golden Grahams (pre-packaged)	24.0	1 bowl
Lucky Charms (pre-packaged)	23.0	1 bowl
Rice Chex (pre-packaged)	24.0	1 bowl
Trix (pre-packaged)	24.0	1 bowl
<u>Cereal Bar:</u>		
Cinnamon Toast Crunch	30.0	1 bar
Cocoa Puffs	30.0	1 bar
Fruity Cherrios	29.0	1 bar
Trix	30.0	1 bar
Chicken and Cheese Crispadora	23.0	1 each
Cinnamon Swirl , Pre-packaged , 2 per package	43.0	2 each
Dusted Donut	36.4	1 each
Dusted Dutch Waffle	47.8	1 each
French Toast Sticks	38.4	4 each
Frudel - Apple	36.0	1 each
Frudel - Cherry	37.0	1 each
Grilled Cheese Triangle	17.0	1 triangle
Honey Bun	34.0	Each
Mini Berry Waffles, Pre-packaged	36.0	1 Package
Mini Berry Pancakes	35.0	1 Package
Mini Cream Cheese Bagels	41.0	1 Package
Mini Maple Pancakes	35.0	1 Package
Omelet and Toast - Total	1.3	Serving
<i>Omelet</i>	1.0	1 each
<i>Toast</i>	0.3	1 slice
Pop Tart, Blueberry	38.0	1 each
Pop Tart, Chocolate	38.0	1 each
Pop Tart, Strawberry	38.0	1 each
Powdered Sugar Donut Holes - 2 per package	34.0	1 Package
String Cheese, Cheddar (each)	1.0	1 each
String Cheese, Mozzarella	1.0	1 each

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Super Donut	23.0	1 each
Yogurt and Muffin - Total	47.1	Serving
<i>Muffin, Blueberry</i>	32.0	1 each
<i>Yogurt Cup, Strawberry or Strawberry Banana</i>	15.1	1 each
Yummy Donut	46.0	1 each