

Breakfast Entrees

<u>Entrée</u>	<u>Brand</u>	<u>Serving Size</u>	<u>Serving Measure</u>	<u>Scoop Size</u>	<u>CAL</u>	<u>Fat</u>	<u>S.F</u>	<u>Sod</u>	<u>Carb</u>	<u>Fiber</u>	<u>Sugar</u>	<u>Pro</u>
Apple Frudel	Pillsbury	1			210	6	1	250	36	2	10	4
French Toast	Sunny	3	sticks		210	7	2	320	28	2	8	8
Breakfast Bagel	Nardone	1	Bagel		263	10	5	467	32	3	3	13
Breakfast Pizza	Nardone	1	Slice		241	9	3	500	28	1	2	11
Sausage Pancake on a Stick		1			200	10	3	310	17	3	4	7
Cheese and egg burrito	Cabo Real	1	burrito		245	10	0	322	30	4	1	10
Egg & Cheese Sandwich		1			250	12	5	460	23	2	4	12
Pancakes Whole Grain	CMI	2	cakes		140	2	0	367	27	3	5	3
Strawberry Yogurt Parfait	recipe	1	container	recpie	205	2	1	130	62	3	39	9
Uncrustable Grape WG	Smucker	1	pack		320	17	4	320	32	3	13	10
Uncrustable Straw WG	Smucker	1	pack		320	17	4	320	32	3	13	10
Yogurt	Farm			Tan Scoop	90	0	0	105	38	0	30	6
Waffle Belgain Sticks WG	Krusteaz	3	sticks		173	5	1	248	27	4	6	4
Whole Grain Rounds	Bakerboy	3	rounds		170	10	4	240	20	1	7	3
Banana Bread	Super Bake	1	1	1	260	8	0	240	45	2	24	5
Breakfast Tornado	Tornados	1	stick		190	9	3	310	23	1	1	5
Cheese Omelete	Sunny	1	omelete		110	8	4	230	1	0	0	8
Scrambled Egg		1	scoop	blue Scoop	45	1	0	125	1	0	0	3
Muffins Apple	Ottis	1	muffin 2oz		190	6	2	130	30	2	16	3
Muffins Blueberry	Ottis	1	muffin 2oz		190	6	2	130	30	2	16	3
Muffins Choc Chip	Ottis	1	muffin 2oz		190	6	2	130	30	2	16	3

Grain Items

<u>Grain</u>	<u>Brand</u>	<u>Serving Size</u>	<u>Serving Measure</u>	<u>Scoop Size</u>	<u>CAL</u>	<u>Fat</u>	<u>S.F</u>	<u>Sod</u>	<u>Carb</u>	<u>Fiber</u>	<u>Sugar</u>	<u>Pro</u>
Pasta Penne Whole Wheat	Barill	1	scoop	#8 Grey	90	1	0	0	20	3	1	4
Dinner Roll	SS	1	roll 1.5oz		140	4	1	230	22	2	4	4
Garlic Knots	Tasty Brand	1	roll		170	6	2	240	20	1	7	3
WG Fruity O's	Gen	1 1/4	oz Dry		120	2	0	150	26	2	10	2
WG Cinn Toast Crunch	Gen	1	oz Dry		110	3	1	160	22	3	6	1
WG Cocoa Puffs	Gen	1	oz Dry		110	2	0	120	25	2	8	2

Granola	Gen	1	oz Dry		90	2	1	25	17	1	6	2
Cereal Hny Nut Tstd Oat	Gen	1	bowl		120	2	0	160	25	1	11	2
Cereal Raisin Bran	Gen	1	bowl		210	1	0	350	45	7	18	5
Sub Bun		1	bun		160	4	1	150	26	3	1	6
Rice Brown Whole Grain	Uncben	1	scoop	#10Tan	113	1	0	0	23	1	0	3
Breadstick Wheat 168/pcs	Newyrk	1	Stick		110	4	1	230	17	2	2	3
Hamburger Buns WG		1	Bun		160	2	0	200	31	3	4	6
Hot Dog Bun WG		1	Bun		140	2	0	180	27	2	4	5
Whole Wheat Bread		2	slices		150	3	1	210	26	3	5	7
Graham Bits	Keebler	1	pack		120	4	1	115	21	1	8	2
Crouton Whole Grain		1	Serving(20g)		98	3	0	246	13	0	0	3
Corn Chips	Frito	1	oz Dry	#8 Grey	140	6	1	170	20	2	0	2
Gold Fish Crackers		1	bag		100	4	1	170	14	1	0	3
Cinnamon Roll	Bak Boy	2.5oz	1		190	5	2	210	33	3	8	5
Tortilla Shell 9inch	Cat	1	shell		140	3.5	1.5	220	23	4	1	5

Fruits

<u>Fruit</u>	<u>Brand</u>	<u>Serving Size</u>	<u>Serving Measure</u>	<u>Scoop Size</u>	<u>CAL</u>	<u>Fat</u>	<u>S.F</u>	<u>Sod</u>	<u>Carb</u>	<u>Fiber</u>	<u>Sugar</u>	<u>Pro</u>
Orange Mandarin	Bh/Dut	1/4	Cup	2oz Blue	25	0	0	5	7	0.5	6.0	0.5
Applesauce Swtn Fancy	Bhrvst	1/4	Cup	2oz Blue	45	0	0	7	11	0.5	9.0	0.5
Peach Sliced	Bhrvst	1/4	Cup	2oz Blue	25	0	0	5	6	0.5	5.0	0.5
Pear Halves	Bhrvst	1/4	Cup	2oz Blue	30	0	0	5	7	14.0	6.0	0.0
Pinapple Tidbit	Bhrvst	1/4	Cup	2oz Blue	40	0	0	0	11	0.5	10.0	0.5
Orange	Markon	1/4	orange	3 slices	40	0	0	0	10	3.5	7.0	0.5
Apple	Markon	1/2	apple	1/2apple or 3 slices	45	0	0	0	11	0.5	8.0	0.3
Red Grapes	Markon	1/4	Cup	2oz Blue	45	0	0	15	10	0.5	10.0	0.0
Banana	Packer	1	banana	Banana	89	0	0	1	22	2.6	12.2	1.1
Bartlett Pear	Packer	1/2	pear	1/2 pear	40	1	0	1	11	2.2	6.8	0.3
Apples Sliced Bag	Ro/Pkr	1	pkg	1 bag	35	0	0	1	10	2.0	7.0	0.0
Applesauce Original	Motts	1	4oz cup	1cnt	90	0	0	0	24	1.0	22.0	0.0
Applesauce Strawbeery	Motts	1	4oz cup	1cnt	90	0	0	0	23	1.0	21.0	0.0

Veggies

<u>Veggie</u>		<u>Serving Size</u>	<u>Serving Measure</u>	<u>Scoop Size</u>	<u>CAL</u>	<u>Fat</u>	<u>S.F</u>	<u>Sod</u>	<u>Carb</u>	<u>Fiber</u>	<u>Sugar</u>	<u>Pro</u>
Bean Baked Veg Brwn Sugar		1	1/2 cup	4oz Grey	115	0	0	287	23	3.6	9	5
Fries Stright cut		1/2	c		140	6	1	320	22	1	1	2
Potato Mashed		1	1/2cup	4oz Grey	100	2	0	410	19	2	1	2
Broccoli Florets		1	3pc/2oz	3pc	14	0.2	0	14	3	1	0.7	1.2
Potato Wedge		1	4pc	4pc	130	6	1	590	19	1	1	2
Cucumbers		1/4	cup	2oz Blue	4	0	0	1	1	0	0	0
Green Peppers diced		1/4	cup	2oz Blue	7	0.1	0.1	1	2	0.6	0.9	0.3
Baby Carrot		5	carrots	5pc	17	0	0	39	4	0.9	2.4	0.3
Baby Carrot Bag		1bag	1bag	1bag	15	0	0	35	4	1	2	0
Califlower		1/2	3pc/2oz	3pc	11	0	0	13	3	1.1	1	0.8
Romaine Shredded Lettuce		1/2	cup	4oz Grey	4	0	0	2	0.8	0.5	0.3	0.3
Spinach		1/2	Cup	4oz Grey	3	0	0	12	0.5	0.3	0.1	0.4
cherry Tomato		3	tomatoes	3pc	15	0	0	0	3	1	1	0
Marinara Cans (1C=9oz)		1/4	Cup	2oz Blue	25	0.75	0	210	5	1	2.5	2
Salsa Mild		1/4	Cup	2oz Blue	20	0	0	140	4	2	2	0
Ranchero Beans		1/2	Cup	4oz Blue	83	0	0	376	15	3.5	1	5

Milk

<u>Fruit</u>	<u>Brand</u>	<u>Serving Size</u>	<u>Serving Measure</u>		<u>CAL</u>	<u>Fat</u>	<u>S.F</u>	<u>Sod</u>	<u>Carb</u>	<u>Fiber</u>	<u>Sugar</u>	<u>Pro</u>
Chocolate Milk	S valley	1	pint		110	0	0	180	20	0	18	8
White 1%	S valley	1	pint		100	2.5	1.5	120	11	0	11	8
Skim	S valley	1	pint		80	0	0	120	11	0	11	8

Condiments

<u>Fruit</u>	<u>Brand</u>	<u>Serving Size</u>	<u>Serving Measure</u>	<u>Scoop Size</u>	<u>CAL</u>	<u>Fat</u>	<u>S.F</u>	<u>Sod</u>	<u>Carb</u>	<u>Fiber</u>	<u>Sugar</u>	<u>Pro</u>
Ketchup	RedG	2T	2T	?	40	0	0	320	10	0	8	0
Salsa	RedG	1/4C	1/4C	blue scoop	20	0	0	14	4	2	2	0
Marinara	RedG	1/4C	1/4C	blue scoop	25	0.75	0	210	4.5	1	2.5	1
French Dressing	Culn	2T	2T	?	50	1.5	0	280	10	8	0	0
Ranch Dressing		2T	2T	?	70	4.5	0.5	350	7	0	1	0

Mustard		2T	2T	?	5	0	0	60	0	0	0	0
BBQ Sauce	Ken	2T	2T	?	30	0	0	150	7	0	6	0
Tarter Sauce	Culn	2T	2T	?	100	7	1	300	7	0	5	0
Orange Sauce (if on side)		2T	2T	?	90	0	0	160	21	0	17	0
sour cream		1oz	1oz	Black Scoop	60	5	4	50	2	0	1	1