

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	
Applesauce Cup, Natural	50	4	1 cup	
Assorted Fresh Fruit	Varies	Varies	1 serving	
Assorted Juice, 4 oz.	64	15-20	1 serving	
Bagel	150	28	1 serving	
Benefit Bar - Banana	280	47	1 bar	
Benefit Bar - Celebration	280	47	1 bar	
Benefit Bar - Cocoa Chip	260	46	1 bar	
Benefit Bar - Oatmeal	280	47	1 bar	
Blueberry Muffin	140	23	1 muffin	
Breakfast Bread - Variety	273	40-45	1 slice	
Breakfast Bread - Banana	260	45	1 slice	
Breakfast Bread - Blueberry	270	45	1 slice	
Breakfast Bread - Birthday Mini Loaf	420	51	1 loaf	
Breakfast Bread - French Toast Mini Loaf	480	63	1 loaf	
Breakfast Bread - Pumpkin	260	44	1 slice	
Cereal Bowlpak - Variety 1-oz	av 110	av 23	1 serving	
Cereal Bowlpak - Variety 2-oz	av 220	av 46	1 serving	
Cereal Bowlpak - Cinn Tst Crunch, 2oz	210	44	2-oz bowl	
Cereal Bowlpak - Cocoa Puffs, 2 oz	220	47	2-oz bowl	
Cereal Bowlpak - Lucky Charms, 2 oz	210	47	2-oz bowl	
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	
Cinni Minis	230	41	1 pkg	
Cocoa Cherry Bar	200	35	1 bar	
Craisins	110	28	1 pkg	
Cream Cheese	90	1	1 oz	
Donut, Mini Chocolate	320	42	1 pkg	
Donut, Mini, Powdered	270	41	1 pkg	
Double Chocolate Whole Grain Muffin 4 oz	380	63	1 muffin	
Frozen Fruit Cup Mixed Berries	90	20	1 "cup"	
Frozen Fruit Cup Peaches	90	21	1 "cup"	
Frozen Fruit Cup Strawberries	80	21	1 "cup"	
Fruit Cup Peaches	70	18	1 "cup"	
Fruit Cup Pears	70	17	1 "cup"	
Fruit Cup Harvest Mixed	80	19	1 "cup"	
Fruit Juice, Apple	60	14	1 "cup"	
Fruit Juice, Grape	80	18	1 "cup"	
Fruit Juice, Orange	50	12	1 "cup"	
Hard Boiled Egg	60	0	1 egg	
Milk, 1% Lowfat	110	13	1 cup	
Milk, Fat Free Chocolate	130	24	1 cup	
Pop Tart, Cinnamon 2-pk	350	73	1 pkg	
Pop Tart, Chocolate Fudge 2-pk	350	73	1 pkg	
Pop Tart, Strawberry 2-pk	340	73	1 pkg	
Pop Tart WG Variety	170	37	1 each	
Trix Cereal Bar	150	30	1 bar	
Ultimate Breakfast Round	240	43	2.4 oz	

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A vibrant, multi-colored rainbow arches across the upper left portion of the page. To its right, a bright yellow sun with a circular face and several long, thin rays is positioned. The entire scene is set against a background of light gray horizontal and vertical grid lines.