

Greenview Breakfast April 2026

Nutritional Information

Name	Serving	Calories	Carbs	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium	Dietary Fiber	Sugar	Vitamin A	Vitamin C	Calcium	Iron	Wheat	Egg	Soy	Peanut	Milk	Fish	Trans	Treenut	Shellfish	Sesame
1% low Fat Chocolate Milk	carton	133	21 g	7 g	3 g	2 g	10 mg	197 mg	0 g	19 g	153	n/a	293 mg	0 mg					X					
1% Unflavored White Milk	carton	103	12 g	8 g	3 g	2 g	13 mg	123 mg	0 g	11 g	150	n/a	300 mg	0 mg					X					
100% Apple Juice	pouch	80	20 g	0 g	0 g	0 g	0 mg	25 mg	0 g	20 g	0	0	0 mg	0 mg										
100% Apple Juice	4 fl. oz	50	13 g	0 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	15	0 mg	0 mg										
100% Grape Juice	1/2 cup	80	19 g	0 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	54	0 mg	0 mg										
100% Orange Juice	4 fl. oz	60	14 g	1 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	36	10 mg	0 mg										
apple	1/2 cup	45	11 g	0 g	0 g	0 g	0 mg	5 mg	2 g	n/a	649	16	12 mg	0 mg										
Apple	each	72	19 g	0 g	0 g	0 g	0 mg	1 mg	3 g	14 g	4	6	8 mg	0 mg										
Apple Frudel	1 each	210	38 g	5 g	5 g	1 g	0 mg	270 mg	3 g	10 g	55	0	0 mg	1 mg	X		X		X					
Applesauce	1/2 cup	61	15 g	0 g	0 g	0 g	0 mg	5 mg	1 g	12 g	0	0	0 mg	0 mg										
Banana	each	105	27 g	1 g	0 g	0 g	0 mg	1 mg	3 g	14 g	4	10	6 mg	0 mg										
Blueberry Muffin	each	190	30 g	3 g	6 g	2 g	30 mg	130 mg	2 g	16 g	0	0	20 mg	1 mg	X	X	X							
Cheese Stick	each	80	1 g	7 g	6 g	4 g	20 mg	200 mg	0 g	0 g	0	0	150 mg	0 mg					X					
Cherry Frudel	1 each	200	38 g	5 g	5 g	0 g	0 mg	270 mg	3 g	10 g	0	0	0 mg	1 mg	X		X		X					
Choice of Milk	carton	103	12 g	8 g	3 g	2 g	13 mg	123 mg	0 g	11 g	150	n/a	300 mg	0 mg					X					
Cinnamon Cream Cheese Filled Bagel	1 package	240	41 g	6 g	6 g	3 g	10 mg	180 mg	2 g	n/a	100	0	20 mg	1 mg	X		X		X					
Cinnamon Toast Crunch Cereal Bar	each	160	30 g	2 g	4 g	0 g	0 mg	120 mg	3 g	8 g	0	0	200 mg	2 mg	X		X							
Diced Peaches	1/2 cup	50	12 g	1 g	0 g	0 g	0 mg	5 mg	1 g	10 g	300	1	0 mg	0 mg										
Fat Free Chocolate Milk	carton	110	19 g	8 g	0 g	0 g	5 mg	197 mg	0 g	18 g	147	n/a	290 mg	0 mg					X					
Fluffy Pancakes	2 each	140	26 g	4 g	4 g	0 g	6 mg	270 mg	2 g	6 g	0	0	0 mg	0 mg	X	X	X		X					
French Toast Sticks	3 each	210	32 g	10 g	5 g	1 g	140 mg	370 mg	3 g	n/a	160	0	23 mg	2 mg	X	X	X		X					
Fresh Orange Quarters	1/2 cup	42	11 g	1 g	0 g	0 g	0 mg	0 mg	2 g	8 g	203	48	36 mg	0 mg										
Frosted Brown Sugar Cinnamon Pop-Tart,WG	1 pouch	350	73 g	5 g	6 g	2 g	n/a	240 mg	6 g	30 g	1000	n/a	260 mg	4 mg	X		X							
Graham Crackers	2 pkt	120	22 g	2 g	3 g	0 g	0 mg	128 mg	2 g	3 g	600	n/a	1800 mg	1 mg	X		X							
Mini French Toast	1 pouch	190	34 g	3 g	5 g	1 g	5 mg	370 mg	2 g	0 g	0	0	40 mg	1 mg	X	X	X		X					
Mini Pancakes	1 pouch	220	37 g	4 g	6 g	1 g	0 mg	270 mg	2 g	11 g	0	0	40 mg	1 mg	X	X	X		X					
Orange	each	86	22 g	2 g	0 g	0 g	0 mg	0 mg	4 g	17 g	414	98	74 mg	0 mg										
Pancake on a Stick,WG	each	200	17 g	7 g	10 g	3 g	25 mg	310 mg	3 g	4 g	0	0	20 mg	2 mg	X	X	X							
peaches	1/2 cup	65	17 g	0 g	0 g	0 g	0 mg	4 mg	2 g	n/a	27	4	8 mg	0 mg										
pears	1/2 cup	65	17 g	0 g	0 g	0 g	0 mg	4 mg	2 g	n/a	27	4	8 mg	0 mg										
Strawberry Cream Cheese Filled Bagel	1 package	240	41 g	6 g	6 g	3 g	10 mg	180 mg	2 g	n/a	100	0	20 mg	1 mg	X		X		X					
Strawberry Pop Tart, WG	1 pouch	340	73 g	4 g	5 g	2 g	0 mg	230 mg	6 g	29 g	20	n/a	260 mg	4 mg	X		X							
Trix	1 bowl	80	18 g	1 g	1 g	0 g	0 mg	130 mg	1 g	n/a	300	4	80 mg	4 mg										
Trix Cereal Bar	1 bar	160	29 g	2 g	4 g	0 g	0 mg	105 mg	3 g	9 g	100	1	200 mg	2 mg	X		X							