Brush High School 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
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% Fruit Punch Juice	4 fl oz	60	14 g	0 g	0 g	0 g	0 mg	15 mg	0 g	14 g	0	20	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	each	72	19 g	0 g	0 g	0 g	0 mg	1 mg	3 g	14 g	4	6	8 mg	0 mg										
Bacon, Egg & Cheese on Bagel	sandwich	268	30 g	14 g	11 g	4 g	118 mg	703 mg	4 g	6 g	0	0	85 mg	2 mg	X	X	X		X					X
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										
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					
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 Carmel Roll	roll	250	40 g	6 g	8 g	5 g	15 mg	310 mg	3 g	15 g	n/a	0	50 mg	2 mg	X	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							
Cocoa Puffs Cereal Bar	1 bar	150	30 g	3 g	3 g	0 g	0 mg	100 mg	3 g	n/a	100	1	200 mg	2 mg	X		X							
Egg & Cheese on English Muffin	sandwich	280	35 g	12 g	11 g	4 g	115 mg	670 mg	4 g	2 g	n/a	n/a	230 mg	2 mg	X	X	X		X					
French Toast Bites, WG	3 bites	190	19 g	2 g	12 g	6 g	20 mg	260 mg	1 g	7 g	n/a	n/a	10 mg	1 mg	X	X	X		X					
Goldfish Crackers	package	93	13 g	2 g	3 g	0 g	0 mg	157 mg	1 g	0 g	0	0	0 mg	1 mg	X				X					
Goldfish Graham Crackers	1 package	120	19 g	1 g	4 g	1 g	0 mg	135 mg	1 g	n/a	200	1	100 mg	1 mg	X		X							
Lucky Charms Cereal	1 bowl	110	23 g	2 g	1 g	0 g	0 mg	180 mg	2 g	9 g	500	6	100 mg	5 mg	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					
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							
Syrup	each	120	31 g	0 g	0 g	0 g	0 mg	25 mg	0 g	n/a	0	0	0 mg	0 mg										