Brush Breakfast May 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	1 each	60	15 g	0 g	0 g	0 g	0 mg	10 mg	0 g	12 g	0	70	100 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	1 each	60	14 g	1 g	0 g	0 g	0 mg	10 mg	0 g	12 g	0	70	20 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, WG	1 each	150	30 g	2 g	2 g	0 g	0 mg	135 mg	2 g	9 g	0	0	220 mg	2 mg	X		X							
Cocoa Puffs Cereal Bar, WG	1 bar	160	29 g	3 g	4 g	0 g	0 mg	105 mg	3 g	9 g	0	2	260 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					
Mini Confetti Pancakes, WG	1 pouch	210	35 g	4 g	7 g	1 g	0 mg	210 mg	4 g	10 g	1000	0	50 mg	4 mg	X	X	X		X					
Mini Maple Pancakes, WG	1 pouch	200	35 g	4 g	6 g	1 g	0 mg	210 mg	4 g	10 g	100	0	2 mg	4 mg	X	X	X		X					
Mini-Cinnis	1 package	230	41 g	5 g	7 g	2 g	0 mg	280 mg	3 g	14 g	0	0	40 mg	1 mg	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										
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										