Greenview 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
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	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% Grape Juice	1 each	60	16 g	0 g	0 g	0 g	0 mg	10 mg	0 g	14 g	0	70	100 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										
Apple Cinnamon Muffin	each	180	31 g	3 g	6 g	2 g	35 mg	125 mg	2 g	16 g	0	0	20 mg	1 mg	X	X	X							
Applesauce	1/2 cup	51	12 g	0 g	0 g	0 g	0 mg	10 mg	1 g	11 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, WG	1 each	200	38 g	5 g	5 g	0 g	0 mg	270 mg	2 g	10 g	0	0	0 mg	2 mg	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					
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							
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					
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 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 Trix French Toast, WG	1 pouch	220	36 g	4 g	7 g	1 g	0 mg	190 mg	2 g	11 g	0	0	70 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										
Peach Cup	4.4oz	90	21 g	1 g	0 g	0 g	0 mg	0 mg	2 g	19 g	300	162	0 mg	0 mg										
pears	1/2 cup	51	12 g	0 g	0 g	0 g	0 mg	10 mg	1 g	11 g	0	0	0 mg	0 mg										
pears	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 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 Cereal Bar, WG	1 bar	160	29 g	2 g	4 g	0 g	0 mg	105 mg	3 g	9 g	0	1	260 mg	2 mg	X									