

Breakfast Carb Counts

Menu Item (Serving Size)	Carb (g)
Breakfast Items CHO	
Assorted Appleways Breakfast Bars - TR2327 (1 ea.)	46.50
Assorted Nutrigrain Bars - TR2515 (1 ea.)	30.67
Assorted Poptarts - TR1891 (1 ea.)	73.00
Bagel w/ Cream Cheese - TR1884 (1 ea.)	32.00
Bagel, Minis, Cinnamon Filled, Pillsbury - TR1014 (1 ea.)	42.00
Bagel, Minis, Strawberry Filled, Pillsbury - TR1015 (1 ea.)	42.00
Bagel, WG, Plain, IW, Sliced, Lender's - TR1020 (1 ea.)	30.00
Banana Bread, Sliced, IW, Super Bakery - TR1023 (1 ea.)	45.00
Banana Muffin (2 oz grain) - TR1138 (1 ea.)	44.00
Blueberry Bread, Sliced, IW, Super Bakery - TR1027 (1 ea.)	45.00
Blueberry Muffin (2 oz grain) - TR1139 (1 ea.)	41.00
Breakfast Bites, Apple, Bake Crafters - TR1030 (1 ea.)	38.00
Breakfast Grab & Go (Cheese cubes, Grain, Fruit) - TR2815 (1 ea.)	70.00
Breakfast Grab & Go (Cheese Stick, Grain, Fruit) - TR2809 (1 ea.)	72.00
Breakfast Protein Grab & Go Bag (Hard Boiled Egg, Cheese, Fruit) - TR2808 (1 ea.)	7.40
Breakfast Sandwich, Maple Seasoned Beef Sausage & Pancake, IW - TR2755 (1 ea.)	17.00
Breakfast Wrap, Egg, Turkey Sausage, and Cheese - TR2746 (1 ea.)	22.15
Cereal Bar, Cinnamon Toast Crunch, 1 oz - TR1847 (1 ea.)	30.00
Cereal Bar, Cinnamon Toast Crunch, 2 oz - TR2620 (1 ea.)	52.00
Cereal Bar, Cocoa Puffs, 1 oz - TR2619 (1 ea.)	29.00
Cereal Bar, Golden Grahams, 1 oz - TR1849 (1 ea.)	30.00
Cereal Bar, Trix, 1 oz - TR1851 (1 ea.)	30.00
Cereal, Cheerios, 1 oz - TR1042 (1 ea.)	21.00
Cereal, Cinnamon Chex, 2 oz - TR2288 (1 ea.)	46.00
Cereal, Cinnamon Toast Crunch, 1 oz, Reduced Sugar - TR2101 (1 ea.)	22.00
Cereal, Cinnamon Toast Crunch, 2oz - TR2286 (1 ea.)	44.00
Cereal, Cocoa Puffs, 2oz - TR2287 (1 ea.)	47.00
Cereal, Frosted Mini Wheats, 1 oz - TR1045 (1 ea.)	24.00
Cereal, Golden Grahams, 1 oz - TR2623 (1 ea.)	23.00
Cereal, Lucky Charms, 1 oz - TR2111 (1 ea.)	22.00
Cereal, Lucky Charms, 2oz - TR2285 (1 ea.)	45.00
Cereal, Multigrain Cheerios, 1 oz - TR1722 (1 ea.)	23.00
Cereal, Trix, 1 oz - TR2768 (1 ea.)	23.00
Cereal, Trix, 2 oz - TR2518 (1 ea.)	47.00
Chorizo Seasoned Beef and Cheese Sunrise Stick - TR2402 (2.4 Ounces)	15.34
Cinnamon Bun, Super Bakery - TR2387 (1 serving)	38.00
Cinnamon filled pretzel, Superpretzel - TR2811 (1 ea.)	31.00
Cinnamon Mini Loaf - TR2622 (1 ea.)	55.00
Cinnamon Roll, Mini Cinnis, IW, Pillsbury - TR1062 (1 ea.)	40.00
French Toast, Cinnamon, Pillsbury - TR1900 (1 ea.)	37.00
French Toast, Original, Mini, Kelloggs - TR1103 (1 ea.)	37.00
French Toast, Triple Berry, Pillsbury - TR1901 (1 ea.)	37.00
Frudel, Apple, IW, Pillsbury - TR1105 (1 ea.)	34.00
Frudel, Cherry, IW, Pillsbury - TR1106 (1 ea.)	34.00
Goldfish Graham Cracker, Cinnamon - TR2649 (1 ea.)	19.00
Graham Cracker, Eggo, Cinnamon French Toast - TR2651 (1 ea.)	38.00
Graham Cracker, Eggo, Original Waffle - TR2650 (1 ea.)	37.00

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Mini Blueberry Glazed Donut Holes in a Cup - TR2625 (1 ea.)	39.00
Mini Powdered Donut Holes in a Cup - TR2626 (1 ea.)	42.00
Muffin, Apple Cinnamon, WG, Bake Crafter's - TR1137 (1 ea.)	43.00
Oven Fresh Cinnamon Rolls with Icing - TR2460 (1 ea.)	37.17
Pancake, Mini Puff, Maple - TR2837 (1 ea.)	33.00
Pancake, Mini Puff, Strawberry - TR2838 (1 ea.)	33.00
Pancakes, Mini, Blueberry, Eggo - TR1151 (1 ea.)	35.00
Pancakes, Mini, Confetti, Eggo - TR1953 (1 ea.)	36.00
Pancakes, Mini, Maple, Eggo - TR1152 (1 ea.)	35.00
PB Uncrustable 2.6 oz Sandwich, Peanut Butter & Apple Cinnamon, Crustless, Smuckers; IW - TR2860 (2.6 Ounces)	31.00
PB Uncrustable 2.6 oz Sandwich, Peanut Butter & Chocolate, Crustless, Smuckers; IW - TR2858 (2.6 Ounces)	32.00
PB Uncrustable 2.6 oz Sandwich, Peanut Butter & Honey, Crustless, Smuckers; IW - TR2859 (2.6 Ounces)	32.00
PBJ Uncrustable 2.6 oz Sandwich, Peanut Butter & Jelly Grape, Crustless, Smuckers; IW - TR2353 (2.6 Ounces)	32.00
Pigglestick, Original, Turkey Sausage, IW - TR1171 (1 ea.)	18.00
Pizza, Cheese, Bagel, Nardone, IW - TR1177 (1 ea.)	30.00
Pizza, Sausage Turkey, Bagel, Nardone, IW - TR1184 (1 ea.)	20.00
Pumpkin Bread, Sliced, IW, Super Bakery - TR1987 (1 ea.)	44.00
Ranchero Steak and Cheese Tornado - TR2511 (1 ea.)	24.00
Waffle, Blueberry, Pillsbury - TR1572 (1 ea.)	37.00
Waffle, Cinnamon, Eggo Mini, Kellogg's - TR1244 (1 ea.)	34.00
Waffle, Fruit Loop, Eggo - TR2653 (1 pkg.)	32.00
Waffle, Maple, Eggo Mini, Kellogg's - TR1245 (1 ea.)	35.00
Waffle, Maple, Pillsbury - TR1573 (1 ea.)	37.00
Apple Cinnamon Muffin (1 oz grain) - TR2750 (1 ea.)	27.00
Blueberry Muffin, Bake Crafters (1 oz grain) - TR2753 (1 ea.)	26.00
Cereal Bar, Cocoa Puffs, 2 oz - TR2745 (1 ea.)	52.00
Chocolate Chip Muffin Top - TR2752 (1 ea.)	29.00
Cinnamon Roll, Hadley Farms - TR2747 (1 ea.)	38.00
Cinnamon Roll, Mini Cinnis, Caramel, IW, Pillsbury - TR2748 (1 ea.)	35.00
Cracker, Graham, Cinnamon, Bug Bites, Kelloggs - TR2757 (1 ea.)	21.00
Cracker, Graham, Honey Square, Kelloggs - TR1073 (1 ea.)	17.00
French Toast Sticks, Reduced Sugar, Bake Crafters, IW - TR2932 (1 pkg.)	30.00
Glazed Donut Pull Apart Ring - TR2627 (1 ea.)	31.00
Muffin, Banana, Super Bakery (1 oz grain) - TR2751 (1 serving)	27.00
Trix Muffin (2 oz Grain) - TR2754 (1 ea.)	50.00
Waffle Snaps - Chocolate Chip - TR2364 (1 pkg.)	40.00