

October 2026 Brush Breakfast

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	20 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					
Apple Cinnamon Nutri-Grain Bar, WG	each	150	31 g	2 g	4 g	1 g	0 mg	120 mg	3 g	14 g	n/a	n/a	140 mg	2 mg	X		X		X					
Banana Bread	each	260	45 g	5 g	8 g	2 g	0 mg	240 mg	2 g	24 g	0	0	100 mg	1 mg	X	X	X		X					
Blueberry Muffin	1 muffin	190	30 g	3 g	6 g	2 g	30 mg	130 mg	2 g	16 g	100	0	20 mg	1 mg	X	X	X							
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							
Breakfast Bagel	2 each	437	39 g	26 g	20 g	10 g	48 mg	1089 mg	4 g	n/a	627	2	425 mg	2 mg	X				X					
Breakfast Bagel	sandwich	269	32 g	16 g	9 g	3 g	127 mg	660 mg	4 g	n/a	270	0	204 mg	2 mg	X	X	X		X					
Breakfast Wrap Turkey Sausage, Egg , Cheese	1 each	327	26 g	19 g	15 g	5 g	255 mg	703 mg	4 g	3 g	163	0	130 mg	3 mg	X	X	X		X					
Breakfast Wrap Turkey Sausage, Egg, Cheese	1 each	327	26 g	19 g	15 g	5 g	255 mg	703 mg	4 g	3 g	163	0	130 mg	3 mg	X	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					
Chocolate Chip Muffin	1 muffin	180	28 g	3 g	7 g	2 g	40 mg	170 mg	1 g	n/a	0	0	20 mg	1 mg	X		X							
Choice of Fruit	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										
Choice of Fruit	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										
Cinnamon Roll, WG	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							
Cinnamon Toast Crunch Breakfast Bar	1 each	220	43 g	3 g	6 g	1 g	0 mg	340 mg	5 g	12 g	500	6	100 mg	5 mg	X		X							
Cocoa Cherry Bar	each	150	25 g	2 g	5 g	1 g	0 mg	105 mg	2 g	n/a	n/a	n/a	n/a	1 mg	X		X		X					
Cocoa Cherry Bar	each	150	24 g	2 g	5 g	1 g	0 mg	110 mg	3 g	n/a	0	0	0 mg	1 mg	X		X		X					
Donut, WG	each	240	32 g	5 g	10 g	5 g	0 mg	330 mg	3 g	7 g	n/a	n/a	20 mg	2 mg	X	X	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					
Frosted Brown Sugar Cinnamon Pop-Tart, WG	1 pouch	170	37 g	2 g	3 g	1 g	0 mg	120 mg	3 g	15 g	500	0	130 mg	2 mg	X		X							
Graham Crackers	package (3 ea)	90	17 g	1 g	3 g	0 g	0 mg	90 mg	1 g	5 g	500	0	0 mg	1 mg	X		X							
Juice Selection	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										
Juice Selection	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										
Juice Selection	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										
Juice Selection	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										
Mini Maple Waffle, WG	1 each	180	35 g	4 g	5 g	2 g	0 mg	200 mg	5 g	9 g	1000	0	260 mg	4 mg	X	X	X		X					
Mini-Cinnis, WG	1 pouch	210	37 g	4 g	6 g	2 g	0 mg	260 mg	3 g	11 g	0	0	30 mg	2 mg	X				X					
Pancake on a Stick,WG	1 each	190	18 g	9 g	9 g	2 g	30 mg	340 mg	2 g	5 g	0	0	20 mg	1 mg	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	82	17 g	1 g	1 g	0 g	0 mg	55 mg	1 g	7 g	240	0	62 mg	1 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									
Turkey Sausage Biscuit with Cheese	1 sandwich	355	30 g	11 g	19 g	12 g	170 mg	920 mg	2 g	n/a	100	0	180 mg	2 mg	X	X	X		X					