

Memorial Breakfast November 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	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					
Bagel Breakfast Sandwich	1 each	264	30 g	12 g	11 g	4 g	51 mg	574 mg	4 g	5 g	0	0	58 mg	2 mg	X	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 Taco	each	174	13 g	10 g	10 g	4 g	222 mg	360 mg	0 g	0 g	45	0	107 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					
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	1 each	190	33 g	5 g	5 g	2 g	15 mg	210 mg	3 g	8 g	100	0	20 mg	1 mg	X	X	X		X					
Cocoa Puffs Cereal, WG	1 each	120	25 g	2 g	2 g	0 g	0 mg	125 mg	2 g	6 g	400	5	110 mg	3 mg	X									
Cream Cheese, plain	each	51	1 g	1 g	5 g	3 g	15 mg	46 mg	0 g	n/a	161	0	14 mg	0 mg					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					
Dutch Waffle.WG	1 waffle	330	38 g	4 g	19 g	3 g	15 mg	330 mg	3 g	12 g	0	0	40 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					
Fluffy Pancakes	3 each	220	41 g	6 g	3 g	1 g	10 mg	490 mg	6 g	8 g	0	0	40 mg	2 mg	X	X	X		X					
French Toast Sticks	3 each	210	32 g	10 g	5 g	1 g	140 mg	370 mg	3 g	n/a	160	0	23 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							
Frosted Flakes Cereal,WG	1 each	100	23 g	2 g	1 g	0 g	0 mg	150 mg	1 g	5 g	750	15	0 mg	5 mg										
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							
Hashbrown Potato Rounds	2 pieces	90	15 g	1 g	3 g	0 g	0 mg	190 mg	2 g	0 g	0	4	0 mg	0 mg										
Homemade WG Pancakes	3 cakes	168	30 g	5 g	3 g	1 g	28 mg	573 mg	1 g	4 g	110	0	70 mg	2 mg	X	X	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										
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-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					
Plain Bagel, WG	1 each	150	30 g	6 g	1 g	0 g	0 mg	290 mg	4 g	5 g	0	0	40 mg	1 mg	X									
Scrambled Egg	1/4 cup	86	1 g	7 g	5 g	2 g	189 mg	128 mg	0 g	1 g	12	0	46 mg	1 mg		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 Bacon	2 slice	152	1 g	13 g	10 g	3 g	44 mg	785 mg	0 g	1 g	0	0	0 mg	1 mg										
Turkey Sausage	each	230	1 g	7 g	22 g	8 g	45 mg	370 mg	0 g	0 g	20	0	23 mg	1 mg										
Turkey Sausage Breakfast Bites	1 serving	230	20 g	8 g	13 g	4 g	25 mg	480 mg	2 g	n/a	0	0	40 mg	1 mg	X	X	X		X					
Turkey Sausage Patty	each	230	1 g	7 g	22 g	8 g	45 mg	370 mg	0 g	0 g	20	0	23 mg	1 mg										