Greenview Campus 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					
Apple Frudel, WG	1 each	180	34 g	4 g	4 g	0 g	0 mg	240 mg	2 g	7 g	0	0	0 mg	2 mg	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							
Blueberry Muffin, WG	each	180	28 g	3 g	7 g	2 g	15 mg	160 mg	2 g	13 g	n/a	n/a	30 mg	1 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					
Chocolate Chocolate Chip Muffin	muffin	190	33 g	3 g	6 g	2 g	35 mg	130 mg	2 g	3 g	0	0	40 mg	1 mg	X	X	X		X					
Choice of Fruit	each	105	27 g	1 g	0 g	0 g	0 mg	1 mg	3 g	14 g	4	10	6 mg	0 mg										
Choice of Fruit	each	72	19 g	0 g	0 g	0 g	0 mg	1 mg	3 g	14 g	4	6	8 mg	0 mg										
Choice of Fruit	each	86	22 g	2 g	0 g	0 g	0 mg	0 mg	4 g	17 g	414	98	74 mg	0 mg										
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					
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							
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 Cinnamon Caramel Rolls	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					
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 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					
Selection of 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										
Selection of 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										
Selection of 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										
Selection of 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										
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							
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										