

NUTRITIONAL INFORMATION SY 09/10 BREAKFAST

BREAKFAST ENTREES	GRADE	PORTION	CALORIES	PROTEIN	CARBS	FAT
ANIMAL CRACKERS		BAG	121	2.03	22.27	3.04
BAGEL & CREAM CHEESE	Scdry	1 EACH	243	7.87	31.93	9.33
BAGEL & MARGARINE	All	1 EACH	180	6	31	2.5
BAGEL, PLAIN	All	1 EACH	150	6	31	0
CEREAL BOWL, EGGO	All	BOWL	20	0.23	4.31	0.23
CEREAL BOWL, FROOT LOOPS	All	BOWL	79	0.79	18.9	0.79
CEREAL BOWL, MINI-SWIRLZ	All	BOWL	90	1	18	1.5
CEREAL BOWL, MINI-WHEATS	All	BOWL	100	3.06	22.99	0.38
CEREAL BOWL, RICE KRISPIES	All	BOWL	64	1.42	15.59	0
CINNAMON GRANOLA ROUND	All	ROUND	286	4.23	46.55	8.46
CINNAMON TOAST	All	SRVG	168	4.22	30.84	3.39
CORNBREAD LOAF	All	1 EACH	200	3	28	8
CRACKERS, GRAHAM, ELFIN	All	PKG	130	2	21	4
EGG & CHEESE ON ENG MUFFIN	All	SANDWIC	220	11.54	31.01	6.53
EGG & SAUSAGE ON ENG MUFFIN	All	SANDWIC	264	14.1	30.5	10.1
EGG TAC-GO	All	SRVG	180	9	15	10
EGG, HAM & CHEESE/ ENG MUFFN	All	SANDWIC	240	13.6	31.39	7.59
FLAPSTICK	All	1 EACH	218	8.9	22.5	10.8
FRENCH TOAST STCK, ELEM	Elem	SRVG	243	4.55	31.85	10.62
FRENCH TOAST STCK, SCDRY	Scdry	SRVG	324	6.07	42.47	14.16
PIZZA BREAKFAST	All	SRVG	199	6.98	20.94	7.98
POWER WHEEL, CHOCOLATE	All	SRVG	210	4	26	11
POWER WHEEL, HONEY WHEAT	All	SRVG	230	5	29	11
SAUSAGE LINKS	All	SRVG	91	12.12	1.52	4.55
SAUSAGE PATTIES	All	SRVG	158	12.2	1	11.2
STRING CHEESE	All	SRVG	76	6.67	0	5.71
WHOLE WHEAT BREAKFAST BUN	All	1 EACH	250	6	43	7
YOGURT, ALL FLAVORS	All	1 EACH	110	3	22	0
MILK, 2%, BCPS	ALL	CARTON	130	8	13	5
MILK, 1% CHOCOLATE, BCPS	ALL	8 OZ. CAR	160	8	26	2.5
MILK, 1% STRAWBERRY, BCPS	ALL	CARTON	180	8	30	2.5
MILK, SKIM BCPS	ALL	CARTON	90	9	13	0
PARMALAT MILK, CHOC	ALL	SRVG	200	12	33	2.5
PARMALAT MILK, VAN	ALL	SRVG	190	12	30	2.5