

Item	Serving Size	Calories	M/MA	Grain =	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Protein
						g	g	mg	mg	g	g
Reduced Cinnamon Toast Crunch	1oz	110		1	25	3	0	0.5	200	22	1
Honey Nut Cheerios	1oz	110		1	10	2	0	0	160	22	2
Cheerios	1oz	100		1	15	2	0	0	140	20	3
Golden Grahams	1oz	110		1	10	1	0	0	220	24	1
Cocoa Puffs	1.06	110		1	15	1.5	0	0	160	25	2
Apple Jacks	1oz	110		1	10	1	0	0	160	24	2
Raisin Bran	1.25oz	110		1	5	1	0	0	220	27	3
Mini Wheats	1oz	100		1	0	0	0	0	0	24	3
Graham Crackers	2 pcks	120		1	30	3	0	0	150	22	1
Breakfast Pizza 63912	3.31	210	1	1.5	70	7	2	15	480	26	9
Breakfast Pizza 63912, Middle & High	6.62	420	2	3	140	14	4	30	960	52	
Juice, orange	4oz	60			0	0	0	0	0	13	0
Juice, Grape	4oz	80			0	0	0	0	15	18	1
juice, Apple	4oz	50			0	0	0	0	10	13	0
Juice, Tomato	4oz	25			0	0	0	0	335	5	1
Milk, Chocolate, skim	8oz	130			0	0	0	0	240	24	9
Milk, Skim, Non Fat	8oz	120			0	0	0	5	110	23	8
Milk, 1%	8oz	100			20	2	1	10	125	11	8
Breakfast Sausage, patties	2each	180	2		140	16	5	35	400	1	9
Breakfast Sausage, links	2each	190	2		140	16	6	40	450	1	10
Waffle Sticks	2 each			2	200	6	1	0	490	32	5
Mini Pancakes (Pillsbury)	1 pouch	170		2	45	5	0.5	5	200	30	4
Yogurt	1ea (Variety)	125		1	10	1	0.5	5	95	23	6
Granola Bars	2 ea (Variety)	200		1.5	60	7	3	0	140	34	2

Item	Serving Size	Calories	M/MA	Grain =	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Protein
						g	g	mg	mg	g	g
French Toast sticks	3 each	330		2	110	12	2	0	540	47	8
Bagel with Cream Cheese 2.5oz	2.3										
Bagel		170		2	5	1	0	0	350	34	7
Cream Cheese	1	50			45	5	3	20	130	2	2
Total		220	0	2	50	6	3	20	480	36	9
Bagel with Cream Cheese 4oz											
Bagel	4oz	280		2	10	1.5	0	0	490	56	12
Cream Cheese	1	50			45	5	3	20	130	2	2
Total		330	0	2	55	6.5	3	20	620	58	14
French Toast Slices	2ea	240		2.5	45	5	1	75	420	41	9
Pancake on a stick	1	210	1	1	110	12	3	20	390	20	7
Pop Tarts	1	180		0.75	25	2.5	1	0	190	37	2
	2	360		1.5	50	5	2	0	380	74	4
Breakfast Parfait	4oz										
Yogurt	4oz	95	1		5	1	0.5	2.5	60	18	4
Granola	1/4 cup	86		1	11	1	0	0	56	18	2
Blueberries	1/4 cup	20			0	0	0	0	0	4.7	0
Total		201	1	1	16	2	1	3	116	41	6
English Muffin	1 ea	120		1	15	1.5	0	0	250	24	5
Butter	1T	100			100	11	5	0	85	0	0
Total		110	0	1	57.5	6.25	2.5	0	167.5	12	2.5
Eggs	2 ea - 1/2 cup	199	1		137	15	5	400	211	2	13

Item	Serving Size	Calories	M/MA	Grain =	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Protein
						g	g	mg	mg	g	g
Blueberry Muffin (bakecrafters) 1201	2oz	160		1	45	5	0.5	20	125	26	2
Banana (Bakecrafters) 1202	2oz	160		1	40	4.5	0.5	20	135	28	2
Apple Cinn. Muffin (BC) 1203	2oz	160		1	45	5	0.5	25	130	26	2
Chocolate Chip (BC) 2156	2oz	150	0	1	50	6	1.5	25	115	26	3
String Cheese	1oz	80		1	50	6	3.5	15	200	0	6
Breakfast Burritto											
Tortilla Wrap	1	130		1	130	25	3	0	280	22	4
Cheddar Cheese	1oz	113			81	9	6	29	174	0	7
Eggs	2	199	2		137	15	5	400	211	2	13
Salsa		13			0	0	0	0	92	3	0
Total		455	2	1	348	49	14	429	757	27	24

Donut, assorted