

2009-10 NUTRIENT INFORMATION* FOR BREAKFAST MENUS

Updated 8/31/2009

NOTE: EARLY IN THE SCHOOL YEAR SCHOOLS MAY USE PRODUCTS ON HAND FROM PREVIOUS YEAR

Values rounded to nearest .5 na = Information not currently available

ITEM	Portion	Calories Kcal	Carbs grams	Sugar grams	Tot Fat grams	Sat'd Fat grams	Trans Fat grams	Cholesterol mg	Sodium mg	Dietary Fiber grams	Protein grams
GENERAL											
Bagel, wrapped, plain, 2.5 oz	1 each	170	35	3	1	0	0	0	270	3	6
Bageler	1 each	190	31	5	6	3	0	15	230	3	6
Biscuit	1 each	130	17	0	6	1	0	0	420	0	2
Cereal, 0's (no milk)	Bowlpack	70	14	1	1	0	0	0	180	2	2
Cereal, Bran Flakes w/Raisins (no milk)	Bowlpack	130	28	13	1	0	0	0	210	4	3
Cereal, Cornflakes (no milk)	Bowlpack	80	18	1	0	0	0	0	210	0	1
Cereal, Crispy Rice (no milk)	Bowlpack	70	14	2	0	0	0	0	160	0	1
Cinn Roll, wrapped, WW	1 each	210	34	12	7	1.5	0	20	230	3	5
Cinnamon Toast w/ margarine	1 each	130	20	na	5	1	0	0	208	1	3
Egg & Cheese Wrap	1 each	190	15	1	10	4	0	190	490	0	9
English muffin, plain	1 each	140	29	2	1	0	0	0	230	1	5
French Toast Sticks	4	260	38	8	10	2	0	20	370	4	5
Hard Cooked Egg	1 each	65	0.5	0	4	1	0	187	56	0	5.5
Oatmeal, instant	1 packet	130-170	27-35	12-15	1.5-2	0.5	0	0	170-270	3	3-4
Pancakes Whole Grain	1 each	77	13	1.5	2	<1	0	7	160	1	2
Sausage Patty (Pork)	1 each	70	1	0	4	1.5	0	20	140	0.5	6
Toast w/ margarine	1 each	113	16	1	5	1	0	0	208	1	3
FRUITS/JUICES											
Fresh Fruit, average	1 piece	78	20	8-18	0	0	0	0	12	1-4	0
Apple Juice	4 fl oz	60	15.5	26	0	0	0	0	12.5	0	0
Applesauce, canned, unsweetened	1/2 cup	50	15	11	0	0	0	0	15	2	0
Apricots, canned, light syrup	1/2 cup	80	19	14	0	0	0	0	10	0	0
Mixed fruit, canned	1/2 cup	72	18	14	0	0	0	0	6	0	0
Peaches, canned, light syrup	1/2 cup	70	17	14	0	0	0	0	10	0	0
Pears, canned, light syrup	1/2 cup	80	20	14	0	0	0	0	5	2	0
Pineapple, canned, in juice	1/2 cup	70	17	14	0	0	0	0	10	1	0
Orange Juice	4 oz. ctn	55	14	14	0	0	0	0	0	0.5	0

1N of 2N

*Based on current recipes and manufacturers' labels. Inventory at schools may vary. Condiments not included; bread not included when served separate from entrée.

