

**2011-12 NUTRIENT INFORMATION\* FOR BREAKFAST MENUS**

Updated November 2011

**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
<b>GENERAL</b>											
Bagel, wrapped, plain, 2.5 oz	1 each	170	35	3	1	0	0	0	270	3	6
Bagel-ful	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, Raisin Bran (no milk)	Bowlpack	110	27	11	1	0	0	0	210	4	3
Cereal, Cornflakes (no milk)	Bowlpack	80	18	2	0	0	0	0	150	1	1
Cereal, Rice Krispies (no milk)	Bowlpack	70	14	2	0	0	0	0	160	0	1
Cereal, Crispix	Bowlpack	80	18	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	180	15	1	10	4	0	190	490	0	9
English muffin, plain	1 each	140	29	2	1	0	0	0	230	1	5
Egg Pattie	1.25 oz	45	1	0	3	1	0	115	120	0	3
French Toast Sticks	4	280	46	8	8	1	0	10	220	4	6
Fruit/Spice Muffin, average	1 each	270	40	na	11	2	0	26	224	1	3
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, Mini	1 packet	190	30	7	5	1	0	10	290	3	4
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
Breakfast Bar Mini Bar	1 each	140	24	10	4	1	0	0	115	3	2
<b>FRUITS/JUICES</b>											
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.

