

ELEMENTARY BREAKFAST – CALORIE, CARBOHYDRATE AND FAT CONTENT

BREAKFAST ENTREES/ITEMS:	CALORIES	CARBOHYDRATE Gm	FAT Gm
Bagel & Cream cheese, 3.7 oz., 1	269	43	5
Beef Sausage Biscuit, 3.45 oz., 1	264	28.4	11.13
Beef Sausage Patty, 1.2 oz., 1	97	.5	7.9
Bran Flakes, 1 bowl	100	25	.5
Cheerios, Multigrain, 1 bowl	70	15	1
Chicken Hoagie, 1.61 oz., 1	118	6.2	7.7
Cinnamon French Toast, 1	90	17	1.75
Coffeecake, 1 cut 32	458	67	19.16
Glorious Morning Burrito, 85 gm., 1	180	23	6
Graham Cracker, 1 pkg.	104	18	3
Pancake, 1	73	14	1
Streusel & Oat Muffin Square, 1 cut 32	441	63.6	18.2
String Cheese, 1 oz.	59	1	2.8
Toasted Oats Cereal, 1 bowl	70	14	1
Vegetarian Italian Bagel, 3.05 oz., 1	207	23.7	7.6
Waffle Stick, 1	70	14	1
Mini Sausage Roll, 1	156	15	7
American Cheese, LF, Slice, 1, .5 oz.	35	1	2
English Muffin, 1	140	28	1.5
FRUIT/JUICES:			
Apple Juice, 4 oz.	55	14.3	0
Applesauce, Chilled, ½ cup	52	13.8	0
Apple Slices, 2 oz.	70	14	1
Apricots, Canned, ½ cup	80	21	0
Banana, Fresh, 1	109	27.6	0
Orange, 1	62	15.4	0
Orange Juice, 4 oz.	55	13.5	0
Pear, 1	98	25	.7
MILK CHOICES:			
Chocolate, Fat-Free, ½ pt.	120	22	0
Chocolate, Low Fat, 1 cup (EEC/Infant Ctrs)	160	28	3
Lactose Fat-Free, ½ pt.	90	13	0
Strawberry, ½ pt.	160	27	2.5
White, Fat-Free, ½ pt.	90	12	0
White, 1%, ½ pt.	120	14	2.5
CONDIMENTS:			
Honey, 12 gm.	35	10	0
Hot Sauce, 7 gm.	0	0	0
Jam, Strawberry, .5 oz.	45	12	0
Jelly, Grape, .5 oz.	40	9	0
Salsa, 1 oz.	9.45	1.89	0
Syrup, Pancake, 1.5 oz., 1	120	31	0
Taco Sauce, 9 gm.	0	<1	0