



Breakfast - Nutrient Analysis
2024-2025

Food Item	Serv. Sz.	Cals	Carb(g)	PRO (g)	FAT (g)	FIBER (g)	Sodium(mg)
Bagel	1 each, 1.9oz	130	26	5	0.5	2	250
Bagel, Blueberry	1 each, 2oz	150	32	5	1	3	280
Bar, Cereal, Cheerios (HS & MS)	1 bar	150	30	2	3.5	3	85
Bar, Cereal, Cinnamon Toast (HS & MS)	1 bar	160	30	2	3.5	3	120
Bar, Cereal, Cocoa (HS & MS)	1 bar	160	30	3	3.5	3	105
Biscuit (Elem)	1 each, 1.25oz	110	14	2	4.5	1	150
Biscuit (MS & HS)	1 each, 2.51oz	220	29	4	9	0	320
Breakfast Chicken Patty		95	6	7	4.5	1.5	215
Breakfast Pizza - Cheese/Sausage		221	21	12	10	2	372
Breakfast Round	1 ct, 2/5oz	240	42	5	6	7	200
Cereal, Cheerios (Elem)	1 each, 1oz	100	21	4	2	3	140
Cereal, Cinnamon Toast 25% less sugar (Elem)	1 each, 1oz	120	22	1	2.5	3	160
Cereal, Cocoa Puffs 25% less sugar (Elem)	1 each, 1oz	120	25	2	1.5	2	125
Cereal, Lucky Charms (Elem)	1 each, 1oz	110	23	2	1	2	180
Cereal, Rice Krispies (Elem)	1 each, 0.63oz	70	16	1	0	0	100
Cereal, Trix (Elem)	1 each, 1oz	110	24	1	1.5	1	140
Cereal, Cinnamon Toast Crunch (HS & MS)	1 each, 2oz	240	45	3	6	3	320
Cereal, Cinnamon Chex (HS & MS)	1 each, 2oz	230	46	3	5	3	340
Cereal, Cocoa Puffs (HS & MS)	1 each, 2oz	230	47	3	2.5	3	220
Cereal, Honey Nut Cheerios (HS & MS)	1 each, 2oz	210	45	5	2.5	4	320
Cereal, Lucky Charms (HS & MS)	1 each, 2oz	210	46	5	2.5	4	360
Cereal, Blueberry Chex (HS & MS)	1 each, 2oz	240	46	3	5	1	350
Chicken sausage bites (5 each)		220	17	10	13	2	360
Cinnamon Roll	1 each, 2.25oz	190	32	6	4.5	3	230
Cinnamon Roll, IW	2 each, 2.29oz	240	40	4	8	3	270
Coffee Cake, Cinnamon	1 each, 4oz	340	44	6	13	2	350
Croissant, turkey ham/cheese		170	17	11	7	1	440
Egg, round patty		200	3	9	16	0	140
Egg, sausage, cheese tornado (Ruiz)		180	22	7	7	2	280
Egg, scrambled (1/4 cup)		160	3	12	10	0	140
Eggstravaganza (with bacon/cheese)2oz		120	1	8	9	0	280
French Toast sticks (3 ea)		210	26	8	9	2	290
Honey Bun	1 each, 2.75oz	240	34	5	10	3	250
Gravy, 2 oz.		45	6	0	2	0	260
Jelly (2 tsp)		25	7	0	0	0	0
Juice, Apple, 4 oz (Oak Farms)		60	14	0	0	0	5
Juice, Apple, 4 oz (SunCup)		60	14	0	0	0	5
Juice, Fruit Punch, 4 oz (SunCup)		60	14	0	0	0	5
Juice, Orange, 4 oz (Oak Farms)		60	13	0	0	0	1
Juice, Orange, 4 oz (usda)		60	15	1	0	0	0

Food Item	Serv. Sz.	Cals	Carb(g)	PRO (g)	FAT (g)	FIBER (g)	Sodium(mg)
Milk, 1%, plain (8 oz)		100	12	8	2.5	0	125
Milk, fat free, chocolate (8oz)		110	19	8	0	0	100
Milk, fat free, strawberry (8 oz)		110	18	8	0	0	100
Milk, skim (8oz)		80	12	8	0	0	125
Muffin top, blueberry		220	28	3	11	2	135
Muffin top, chocolate chip		200	26	3	10	1	140
Muffin, applesauce (2- 2oz muffins)		260	48	4.5	6	1.6	466
Muffin, blueberry (2- 2oz muffins)		259	46	4	6	1.6	466
Oatmeal (1/2 cup)		75	13	3	1.3	2	3.6
Omelet, cheese		220	3	12	17	0	255
Pancake 2/1.2oz (usda)	2 each	140	26	4	4	2	270
Pancake on a stick		200	17	7	10	3	310
Pancake, chocolate chip, mini (3.17 oz)		240	43	4	6	3	280
Pancake, mini confetti, Eggo (3.03 oz)		220	36	4	7	4	300
Rounds, mini powdered, 3 oz pkg (HS)		270	41	4	11	2	230
Rounds, mini, chocolate, 3.3 oz pkg (HS)		320	41	5	15	2	270
Sausage Patty, Turkey		60	0	6	4	0	80
Syrup		120	31	0	0	0	45
Toast, Wheat, Plain, 1 slice		119	16	3.6	6.4	1.9	187
Waffle , mini, bites (Eggo)		200	35	4	5	4	220
Waffle, Dutch		300	43	4	13	3	350
Yogurt, Trix, 4 oz (Elem)		80	15	4	1	0	65
Yogurt, Yoplait, 4 oz (HS/MS)		100	16	4	1.5	0	65