

**2011 BREAKFAST MENU
Nutrient Analysis**

Item	Portion Size	Calories	Carb (g)	Fat (g)	S-Fat (g)	Tr-Fat (g)	Protein (g)	Fiber (g)	Cholst (mg)	Sodium (mg)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)
Grains														
Cereal, Choc Shredded Wheat	Bowlpack	100.0	23.0	1.0	0.0	0.0	3.0	3.0	0.0	105.0	8.1	0.0	0.0	0.0
Cereal, Corn Flakes	Bowlpack	70.0	16.0	0.0	0.0	0.0	1.0	0.0	0.0	170.0	4.5	150.0	300.0	3.6
Cereal, Frosted Mini Wheats	Bowlpack	100.0	23.0	0.0	0.0	0.0	3.0	3.0	0.0	0.0	7.2	0.0	0.0	0.0
Cereal, Kix	Bowlpack	70.0	14.0	0.5	0.0	0.0	1.0	0.0	0.0	120.0	4.5	80.0	300.0	3.6
Cereal, Multi Grain Cheerios	Bowlpack	70.0	15.0	1.0	0.0	0.0	2.0	2.0	0.0	105.0	10.8	60.0	300.0	9.0
Cereal, Rice Crunchins	Bowlpack	70.0	18.0	0.0	0.0	0.0	1.0	0.0	0.0	150.0	1.1	0.0	500.0	9.0
Cereal, Total Raisin Bran	Bowlpack	100.0	25.0	0.5	0.0	0.0	2.0	3.0	0.0	140.0	10.8	600.0	300.0	0.0
Graham , Apple Cinn Bear	Pack	107.0	19.0	3.0	0.0	0.0	1.0	2.0	0.0	90.0	1.8	20.0	300.0	3.6
Graham, Apple Cinn Waffle	Pack	103.0	18.0	3.0	0.0	0.0	1.0	1.0	0.0	85.0	1.8	20.0	300.0	3.6
Graham, Blueberry Waffle	Pack	104.0	18.0	3.0	0.0	0.0	1.0	1.0	0.0	90.0	1.8	20.0	300.0	3.6
Graham, Strawberry Dinosaur	Pack	107.0	19.0	3.0	0.0	0.0	1.0	1.0	0.0	85.0	1.8	20.0	300.0	3.6
Graham, Strawberry Waffle	Pack	105.0	19.0	2.5	0.0	0.0	1.0	2.0	0.0	90.0	1.8	20.0	300.0	3.6
Graham, Vanilla Bear	Pack	105.0	18.0	3.0	0.0	0.0	1.0	1.0	0.0	85.0	1.8	20.0	300.0	3.6
Toast, White	Each	60.0	12.0	0.8	0.0	0.0	2.0	0.5	0.0	110.0	0.7	20.0	0.0	0.0
Toast, Wheat	Each	87.0	14.5	1.2	0.3	0.0	4.6	2.6	0.0	165.0	0.8	36.9	1.0	0.0
Bagel, Whole Wheat, Large	1/2 Each	75.0	15.0	0.5	0.0	0.0	4.0	2.0	0.0	150.0	0.9	10.0	0.0	0.0
Muffin Loaf, WG, Variety	Muffin	177.0	29.3	6.0	1.0	0.0	3.0	2.0	10.0	177.0	1.4	0.0	0.0	0.0
Pancake, Whole Grain	2 Each	160.0	26.0	4.0	0.6	0.0	10.0	2.0	8.0	262.0	1.1	20.0	0.0	0.0
Oatmeal	1/2 Cup	158.0	26.9	2.8	0.5	0.0	6.9	4.3	0.0	146.0	1.9	24.5	0.0	0.0
Apples, Fresh, Diced	2 Tbsp	8.0	2.2	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.9	8.0	0.7
Raisins	Box	90.0	22.0	0.0	0.0	0.0	1.0	2.0	0.0	5.0	0.7	0.0	0.0	0.0
Blueberries, Dried	1/8 Cup	57.0	14.1	0.0	0.0	0.0	0.2	1.9	0.0	0.0	0.1	2.2	10.0	0.0
Brown Sugar	1/3 Tbsp	11.0	3.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0	2.5	0.0	0.0
Honey Dipping Cup	packet	36.0	9.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.7	0.0	0.1
Waffle Sticks, Whole Grain	2 Each	140.0	27.0	2.0	0.0	0.0	4.0	2.0	0.0	250.0	1.4	40.0	0.0	0.0
French Toast Sticks, WG	2 Each	150.0	21.5	6.0	1.6	0.0	4.0	2.0	0.0	198.0	0.7	280.0	0.0	0.0
Biscuit, Whole Grain	Each	170.0	23.0	7.0	4.5	0.0	4.0	3.0	0.0	380.0	1.1	40.0	0.0	0.0

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Proteins														
Cheese, Stick, variety	1 oz	87.0	0.3	6.3	4.2	0.0	7.0	0.0	18.0	203.0	0.4	140.0	267.0	0.0
Turkey Sausage Patty	Each	90.0	1.0	6.0	2.0	0.0	6.0	0.0	35.0	190.0	0.4	20.0	0.0	0.0
Scrambled Eggs	3/8 Cup	123.0	2.5	7.6	2.4	0.0	10.5	0.0	322.0	216.0	1.1	75.0	481.0	0.1
Yogurt, Dannon, all flavors	4 oz	100.0	17.0	1.5	1.0	0.0	5.0	0.0	10.0	55.0	0.0	150.0	0.0	0.0
Egg Patty	Each	45.0	1.0	3.5	1.0	0.0	3.0	0.0	115.0	120.0	0.4	20.0	177.0	0.0
Cheese, American Slices	1/2 oz	35.0	1.0	2.0	1.3	0.0	3.5	0.0	8.0	105.0	0.0	100.0	150.0	0.0
Grain/Protein Combo Items														
Breakfast Pizza, Sausage	Slice	230.0	26.0	11.0	4.5	0.0	9.0	1.0	15.0	650.0	1.4	150.0	0.0	0.0
Breakfast Pizza, Bacon	Slice	230.0	23.0	11.0	4.5	1.0	10.0	1.0	45.0	490.0	1.4	150.0	300.0	0.0
Pancake Wraps, Mini Turkey	4 Each	210.0	24.0	7.0	2.0	0.0	11.0	3.0	20.0	600.0	1.8	0.0	0.0	0.0
Burrito, Breakfast, egg/ham/ch	Each	316.0	23.3	16.1	6.5	0.0	19.8	2.0	301.0	598.0	1.4	207.2	647.0	0.2
Fruit/Juice														
Juice, variety flavors	4 oz carton	60.0	14.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	150.0	300.0	60.0
Chilled Fruit, variety	3/8 cup	50.0	13.2	0.1	0.0	0.0	0.3	1.1	0.0	3.0	0.3	5.8	116.0	2.9
Fresh Fruit, average	piece	66.0	17.0	0.2	0.1	0.0	0.7	2.6	0.0	1.0	0.2	17.5	185.0	17.7
Milk														
Milk, Fat Free Skim	Carton	90.0	12.0	0.0	0.0	0.0	9.0	0.0	5.0	115.0	0.0	300.0	500.0	2.4
Milk, Fat Free, Chocolate	Carton	128.0	24.0	0.0	0.0	0.0	8.0	0.0	5.0	210.0	0.0	300.0	500.0	1.2
Milk, Fat Free, Strawberry	Carton	128.0	23.0	0.0	0.0	0.0	8.0	0.0	5.0	115.0	0.0	300.0	500.0	1.2
Condiments														
Jelly, Mixed Fruit	1/2 oz	35.0	9.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Cream Cheese	2 Tbsp	99.0	1.2	9.9	5.6	0.0	1.7	0.0	32.0	93.0	0.1	28.4	389.0	0.0
Blueberry Sauce	1/4 Cup	104.0	25.5	0.4	0.0	0.0	0.3	1.9	0.0	1.0	0.2	20.5	62.0	7.7