

## Menu Item Nutrient Composition Breakfast 2009 -2010

Menu Item	Serving Size	Calories	Total Fat grams	Sat. Fat grams	Protein grams	Carb. Grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber grams
Cereal, Assorted	1 oz	82.0	0.3	0.0	2.0	18.0	33.0	7.0	5.0	1430.0	133.0	0.0	2.0
Toast	1 slice	60.0	0.0	0.0	2.0	12.0	20.0	0.7	0.0	0.0	115.0	0.0	1.0
Graham Crackers	4 squares	120.0	2.7	0.0	1.3	21.3	26.7	1.4	0.0	0.0	153.3	0.0	1.3
Mini Bagel	1	70.0	0.5	0.0	2.5	14.0	0.0	0.9	0.0	0.0	130.0	0.0	0.5
Whole Wheat Pancake	2 each	153.3	4.0	0.7	4.7	25.3	40.0	1.0	0.0	66.7	320.0	13.3	2.0
Whole Wheat Waffle	2 sticks	140.0	2.0	0.5	3.0	29.0	60.0	1.4	0.0	0.0	340.0	0.0	2.0
Whole Grain Muffin Loaf	1 loaf	180.0	6.0	1.0	3.0	29.0	0.0	1.4	0.0	0.0	180.0	10.0	2.0
Cheese Stick	1 oz	100.0	7.0	4.0	7.0	0.0	200.0	0.0	0.0	300.0	190.0	25.0	0.0
Breakfast Pizza	1 piece	246.0	12.4	3.2	10.3	23.3	185.0	1.6	0.4	405.0	490.0	48.0	0.9
Breakfast Hot Pocket	1 each	150.0	6.0	2.5	7.0	17.0	100.0	1.8	0.0	0.0	370.0	45.0	2.0
Mini Pancake Wraps	4 wraps	210.0	7.0	2.0	11.0	24.0	0.0	1.8	0.0	0.0	600.0	20.0	3.0
French Toast Sticks	2 sticks	140.0	4.0	0.8	3.0	22.5	20.0	1.8	0.0	0.0	105.0	0.0	2.0
Yogurt	4 oz	90.0	0.0	0.0	3.0	19.0	300.0	0.0	1.2	0.0	75.0	0.0	0.0
Egg Sandwich	1 each	240.0	9.5	4.3	10.0	29.0	95.0	1.8	0.0	327.0	925.0	122.5	1.0
Whole Grain Biscuit	1 each	190.0	9.0	6.0	4.0	23.0	40.0	1.1	0.0	0.0	670.0	0.0	2.0
Turkey Sausage	1 patty	80.0	6.0	1.5	7.0	1.0	20.0	0.4	0.0	0.0	190.0	35.0	0.0
Canned Fruit (average)	1/2 cup	69.0	0.1	0.0	0.5	18.1	7.3	0.4	2.3	248.1	7.3	0.0	1.2
Fresh Fruit (average)	1 piece	61.9	0.3	0.0	0.7	15.5	20.6	0.2	28.1	248.0	0.5	0.0	2.1
Juice (average)	4 fl. Oz	66.7	0.0	0.0	0.0	16.0	0.0	0.0	50.0	0.0	0.0	0.0	0.0
Milk (average)	8 fl. Oz	123.6	0.9	0.6	8.4	20.0	286.1	0.2	1.8	477.8	145.6	6.6	0.2