Elementary Breakfast April 2026

Nutritional Information

Name	Serving	Calories	Carbs	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium	Dietary Fiber	Sugar	Vitamin A	Vitamin C	Calcium	Iron	Wheat	Egg	Soy	Peanut	Milk	Fish	Trans	Treenut	Shellfish	Sesan
Banana Chocolate Chip Snack Bread	each	260	32 g	4 g	13 g	4 g	35 mg	220 mg	2 g	15 g	19	0	30 mg	1 mg	X	X	X		X					
Blueberry Muffin	each	180	28 g	3 g	7 g	2 g	15 mg	160 mg	2 g	13 g	n/a	n/a	30 mg	1 mg	X	X	X		X					
Breakfast Long John	1 each	302	38 g	6 g	15 g	7 g	0 mg	333 mg	2 g	13 g	0	0	20 mg	1 mg	X	X	X		X					
Breddie	each	380	51 g	5 g	18 g	8 g	15 mg	290 mg	4 g	25 g	87	0	30 mg	1 mg	X	X	X		X					
Cheese Stick	each	80	1 g	7 g	6 g	4 g	20 mg	200 mg	0 g	0 g	0	0	150 mg	0 mg					X					
Choice of Cereal	1 serving	83	18 g	1 g	0 g	0 g	0 mg	138 mg	1 g	n/a	485	7	32 mg	5 mg	X									
Choice of Milk	carton	103	12 g	8 g	3 g	2 g	13 mg	123 mg	0 g	11 g	150	n/a	300 mg	0 mg					X					
Cinnamon Roll	1 each	190	31 g	5 g	5 g	2 g	15 mg	210 mg	3 g	8 g	100	0	20 mg	1 mg	X	X	X		X					
Coffee Cake	1 slice	290	53 g	4 g	8 g	2 g	20 mg	249 mg	2 g	n/a	129	11	63 mg	1 mg	X	X	X		X					
Egg & Cheese Biscuit Sandwich	each	435	31 g	16 g	28 g	13 g	309 mg	1171 mg	2 g	n/a	20138	3	3150 mg	1 mg	X	X	X		X					
French Toast Snack Bread	each	260	30 g	4 g	13 g	4 g	50 mg	240 mg	2 g	17 g	23	0	40 mg	1 mg	X	X	X		X					
Fruit Selection	1/2 cup	45	11 g	0 g	0 g	0 g	0 mg	5 mg	2 g	n/a	649	16	12 mg	0 mg										
Goldfish Graham Crackers	1 package	120	19 g	1 g	4 g	1 g	0 mg	135 mg	1 g	n/a	200	1	100 mg	1 mg	X		X							
Hard Boiled Egg	1 each	78	1 g	6 g	5 g	2 g	187 mg	62 mg	0 g	n/a	260	0	25 mg	1 mg		X								
Juice Selection	4 fl. oz	50	13 g	0 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	15	0 mg	0 mg										
Mini Donut	3 donuts	150	19 g	2 g	8 g	4 g	15 mg	240 mg	2 g	n/a	30	0	20 mg	1 mg	X	X	X		X					
Pancake	3 each	220	41 g	6 g	3 g	1 g	10 mg	490 mg	6 g	8 g	0	0	40 mg	2 mg	X	X	X		X					
Pancake on a Stick	each	200	17 g	7 g	10 g	3 g	25 mg	310 mg	3 g	4 g	0	0	20 mg	2 mg	X	X	X							
Pancakes	1 pouch	190	34 g	3 g	5 g	1 g	5 mg	370 mg	2 g	0 g	0	0	40 mg	1 mg	X	X	X		X					
Sausage & Cheese on a Biscuit	each	540	31 g	14 g	40 g	17 g	55 mg	1060 mg	3 g	6 g	n/a	n/a	150 mg	2 mg	X	X	X		X					
Sausage Breakfast Pizza	each	210	22 g	10 g	9 g	4 g	25 mg	350 mg	2 g	3 g	n/a	n/a	170 mg	2 mg	X	X	X		X					
Vegetable Selection	1/2 cup	13	3 g	0 g	0 g	0 g	0 mg	18 mg	1 g	n/a	1844	23	10 mg	0 mg										
Yogurt Parfait with Blueberries & Granola	each	523	104 g	13 g	6 g	1 g	10 mg	198 mg	9 g	62 g	245	7	262 mg	2 mg					X					