

Madelia Elem Breakfast Jan 26

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	Treant	Shellfish	Seean
Breakfast Sandwich	each	570	31 g	15 g	41 g	12.5 g	325 mg	1190 mg	2 g	n/a	20000	0	3150 mg	1.62 mg	X	X	X		X					
Brekkie	each	380	51	5	18	8	15	290	4	25	87	0	30	1.2	X	X	X		X					
Cheese Stick	each	80	1	7	6	3.5	20	200	0	0	0	0	150	0					X					
Chocolate Chip Muffin	each	190	30	4	7	2	15	200	2	16	n/a	n/a	30	1.5	X	X	X		X					
Choice of Cereal	1 serving	83	18 g	1 g	0.2 g	0 g	0 mg	138 mg	1 g	n/a	485	7.02	32 mg	4.5 mg	X									
Choice of Milk	carton	103	12	8	3	2	13	123	0	11	150	n/a	300	0.1					X					
Cinnamon Roll	1 each	190	33 g	5 g	5 g	2 g	15 mg	210 mg	3 g	n/a	100	0	20 mg	1.44 mg	X	X	X		X					
Cinnamon Roll	1 roll	270	43 g	7 g	8 g	3 g	15 mg	330 mg	4 g	n/a	100	1.2	60 mg	1.81 mg	X	X	X		X					
French Toast Snack Bread	each	260	30	4	13	3.5	50	240	2	17	23	0	40	0.9	X	X	X		X					
Fruit Selection	1/2 cup	45	11 g	0 g	0.11 g	0.02 g	0 mg	5 mg	2 g	n/a	649	16.1	12 mg	0.12 mg										
Fudge Pop-Tart	1 pouch	170	36	2	3	1	0	120	3	15	500	n/a	100	1.8	X		X							
Goldfish Graham Crackers	1 package	120	19 g	1 g	4 g	1 g	0 mg	135 mg	1 g	n/a	200	1.2	100 mg	1.44 mg	X		X							
Hard Boiled Egg	1 each	78	1 g	6 g	5.31 g	1.63 g	187 mg	62 mg	0 g	n/a	260	0	25 mg	0.6 mg		X								
Juice Selection	1/2 cup	45	11 g	0 g	0.11 g	0.02 g	0 mg	5 mg	2 g	n/a	649	16.1	12 mg	0.12 mg										
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										
Juice Selection	4 fl. oz	60	14 g	1 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	36	10 mg	0 mg	X		X							
Long John	1 each	240	26 g	6 g	13 g	6 g	0 mg	310 mg	2 g	3 g	0	0	20 mg	1.44 mg	X	X	X		X					
Long John	1 each	302	38 g	6 g	14.7 g	6.85 g	0 mg	333 mg	2 g	13	0	0	20 mg	1.44 mg	X	X	X		X					
Maple Madness Mini Waffles	1 pouch	210	37	3	6	1	0	170	2	13	0	0	20	1.44	X		X		X					
Mini Bagel	1 each	190	38 g	7 g	0.5 g	0 g	0 mg	380 mg	1 g	n/a	0	0	0 mg	14.94 mg	X									
Mini Donut	3 donuts	150	19 g	2 g	8 g	3.5 g	15 mg	240 mg	2 g	n/a	30	0	20 mg	1.08 mg	X	X	X		X					
Mini French Toast	1 pouch	190	34 g	3 g	5 g	1 g	5 mg	370 mg	2 g	0	0	0	40 mg	1.08 mg	X	X	X		X					
Pancake on a Stick	each	200	17	7	10	2.5	25	310	3	4	0	0	20	1.8	X	X	X							
Sausage Breakfast Pizza	each	210	22	10	9	4	25	360	2	3	n/a	n/a	170	1.5	X		X		X					
Strawberry Pop-Tart	1 pouch	82	17.28	0.96	1.2	0.48	0	55.2	1.44	6.72	240	0	62.4	0.864	X		X							
Vegetable Selection	1/2 cup	13	3 g	0 g	0.1 g	0.02 g	0 mg	18 mg	1 g	n/a	1844	23.05	10 mg	0.18 mg										
Yogurt Parfait with Blueberries & Granola	each	523	104	12.6	6.2	.75	10	198	9.4	62	245	6.87	262	1.6					X					