HS/MS November Breakfast 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	Treenut	Shellfish	Sesan
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 Brekkie	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					
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					
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					
Chicken Breakfast Biscuit	1 sandwich	396	53 g	11 g	15 g	10 g	33 mg	739 mg	3 g	n/a	77	0	163 mg	2 mg	X	X	X		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	33 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					
Easy Egg Bake	1 each	122	2 g	11 g	7 g	3 g	188 mg	279 mg	0 g	2 g	38	0	46 mg	1 mg		X			X					
Egg & Cheese on a Biscuit	each	350	30 g	9 g	21 g	10 g	110 mg	800 mg	3 g	5 g	n/a	n/a	150 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	1 each	60	15 g	0 g	0 g	0 g	0 mg	10 mg	0 g	12 g	0	70	100 mg	0 mg										
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					
Milk of Choice	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					
Mini Bagel	1 package	230	42 g	6 g	6 g	2 g	10 mg	180 mg	3 g	12 g	0	0	30 mg	2 mg	X				X					
Mini Maple Pancakes	1 pouch	200	35 g	4 g	6 g	1 g	0 mg	210 mg	4 g	18 g	100	0	2 mg	4 mg	X	X	X		X					
Mini Maple Waffles	1 each	210	37 g	3 g	6 g	1 g	0 mg	170 mg	3 g	18 g	0	0	30 mg	1 mg	X	X	X		X					
Pancake Wrap	1 each	190	38 g	9 g	9 g	2 g	30 mg	340 mg	2 g	5 g	0	0	20 mg	1 mg	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	1 each	230	23 g	10 g	11 g	6 g	55 mg	450 mg	1 g	n/a	200	0	150 mg	1 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	1849	23	10 mg	0 mg										