

Breakfast Carbohydrate Count List

Menu Name	Svg size	Carb Count (g per svg)
Bacon & Cheese Eggstravaganza	2 oz	1
Bacon & Egg Extravaganza, MS	3 oz	1
Bacon & Egg Extravaganza w/English Muffin	1 serving	14
Bacon & Egg Scramble w/English Muffin, HS	1 serving	27
Bagel 2oz all flavors	1 each	32
Bagel 3oz all flavors	1 each	42 - 46
Bagel 2oz (ES & MS) w/Peanut Butter cup	1 serving	38
Bagel 2oz (ES & MS) w/Peanut Butter squeezer	1 serving	40
Bagel 2oz (ES & MS) w/SunButter cup	1 serving	41
Bagel 3oz (HS) w/Peanut Butter cup	1 serving	48 - 52
Bagel 3oz (HS) w/Peanut Butter squeezer	1 serving	50 - 54
Bagel 3oz (HS) w/SunButter cup	1 serving	51 - 55
Bageler	1 each	34
Bar, Nutri Grain Cereal Bar - Strawberry	1 each	26
Bar, Quaker Chewy Chocolate Chip Bar	1 each	20
Bar, Strawberry Fruit & Grain Bar (Knotts Berry Farm)	1 each	
Bar, Apple Cinnamon and/or Oatmeal Benefit Bar	1each	48
Bread Whole Wheat Mini Loafs - Apple Cinnamon	1 slice / 2oz	29
Bread Whole Wheat Mini Loafs - Banana	1 slice / 2oz	30
Bread Whole Wheat Mini Loafs - Blueberry	1 slice / 2oz	29
Breakfast Pizza	1 pizza	24
Breakfast Sandwich, HS (Ham, Egg & Cheese)	1 each	28
Breakfast Wrap	1 each	17
Breakfast on a Stick / Pancake on a Stick	1 stick	17
Breakfast Tac Go, ES, MS	1 each	17
Cereal, Cheerios bowl pak	1 ct	14
Cereal, Apple Cinnamon Cheerios bowl pak	1 ct	22
Cereal, Honey Nut Cheerios bowl pak	1 ct	22
Cereal, Cinnamon Toast Crunch bowl pak	1 ct	21
Cereal, Golden Graham bowl pak	1 ct	23
Cereal, Granola bowl pak	1 ct	48
Cereal, Kix bowl pak	1 ct	14
Cereal, Raisin Bran bowl pak	1 ct	27
Cereal, Rice Krispies bowl pak	1 ct	16
Cheese Quesadilla	1 piece	41
Cinnabake	1 each	41
Cinnamon Burst Bar	1 each	34
Cinnamon Roll	2.25 oz.	31
Colby Cheese Omelet	1 omelet	1
Egg - Jumbo/Extra large/large/Medium uncooked	1 each	1
Egg Patty (only)	1 each	1
French Toast Stix (only)	1 serving	33
French Toast Stix & Egg Patty	1 serving	34
French Toast Sticks & Sausage	4 pieces	38
Frittata Skillet Frittatas - Egg, Cheese & Turkey Sausage	2.2 oz	2
Ham & Cheese Egg Patty, ES	1 each	9
Ham & Cheese Pocket (combo)	1 each	9
Ham, Egg & Cheese Breakfast Biscuit	1 each	33
Ham, Egg & Cheese Breakfast Sandwich, ES, MS	1 each	28
Maxx Cheese Breadsticks	1 each	18.5
Muffins - Apple Cinnamon	1 each	30
Muffins - Banana Nut	1 each	33

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Muffins - Wild Berry	1 each	27
Pancake; mini & Egg Patty	9 pieces	31
Pancake; mini & Sausage	9 pieces	35
Pancake; mini (only)	9 pieces	30
Pancake; 4" & Egg Patty	1 serving	40
Pancake; 4" & Sausage	1 each	27
Pancake; 4" (only)		39
Pancake on a Stick / Breakfast on a Stick	1 each	17
Peanut Butter cup	1 each	6
Peanut Butter squeezer	1 each	8
Pretzel w/cheese	1 each	47
Quesadilla, Cheese (Con Agra)	1 piece	41
Sandwich Breakfast Sandwich-egg Cheese, Biscuit	1 sandwich	34
Sandwich Breakfast Sandwich-egg Cheese, English Muffin	1 sandwich	29
Sandwich Breakfast Sandwich-Sausage & Egg, Biscuit	1 sandwich	32
Sandwich Breakfast Sandwich-Sausage & Egg, English Muffin	1 sandwich	28
Sandwich, Peanut Butter & Honey Sandwich	2.8 oz	34
Sandwich, Peanut Butter & Jelly, Grape or Strawberry, Sandwich	2.8 oz	34-37
Soft Pretzel & Cheese Cup, ES	1 each	47
Strawberry Bakes	1 each	40
SunButter cup	1 each	9
Toast	1 each	12
Waffle & Egg Patty		27
Waffle & Sausage, ES, MS	1 each	33
Yogurt 4 oz pre-packaged	1 each	19-23
Zac Omega Bar	1 each	40