

Carbohydrate Content of Breakfast Menu Items - All School Levels

Last Update: 11.25.19

Menu Item Name	Serving Size	Carb Value	Fiber Value
Juice:			
Apple Juice	4oz Cup	14	0
Grape Juice	4oz Cup	20	0
Orange Juice	4oz Cup	13	0
Milk:			
White 1% Milk	8oz Cup	13	0
White Non-Fat Milk	8oz Cup	13	0
Chocolate Non-Fat Milk (not at ES for breakfast)	8oz Cup	22	0
Cold Cereals:			
Cinnamon Toasters	Bowl	44	3
Cinnamon Toast Crunch (new in November)	Bowl	44	6
Cinnamon Chex (new in November)	Bowl	46	3
Honey Graham Toasters	Bowl	43	3
Honey Nut Scooters	Bowl	45	4
Entrees:			
Bagel w/ CC	2oz Bagel, 1 Cream Chs Pkt	43	7
Benefit Bar - Apple Cinnamon	1 Bar	48	3
Benefit Bar - Oatmeal Chocolate Chip	1 Bar	47	3
Breakfast Bread - Banana	1 Slice Bread	44	2
Breakfast Bread - Blueberry	1 Slice Bread	43	2
Breakfast Bread - Cinnamon	1 Slice Bread	44	2
Breakfast Flatbread	1 square of flatbread	26	2
Cinnamon Roll	1 Roll	36	3
Egg and Cheese Breakfast Sandwich	Biscuit, Egg, Cheese	29	2
French Toast Sticks	3 Toast Sticks, 1 Syrup	58	2
Mini Pancakes - Blueberry	1 Pouch of Pancakes	35	4
Mini Pancakes - Maple	1 Pouch of Pancakes	40	3
Pancake Wrap	1 breakfast stick	17	3
Smucker's Peanut Butter&Strawberry Jam	1 Sandwich	32	3
Smucker's Peanut Butter and Grape Jelly	1 Sandwich	32	3
Ultimate Breakfast Round	1 Round	43	6
Condiments:			
Syrup Cup, Smucker's Natural	1 Portion Cup	21	0
Salsa	1 TBS	1	0.5