

BREAKFAST ITEMS	Portion Size	Cals	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
APPLE	1 EACH	81	3.7	0.3	21	0.5	0.1
APPLE CHERRY JUICE	4 OZ	60	0	0	15	0	0
APPLE CINNAMON BREAD/TOAST	1 EACH	300	2	8	45	9	2
APPLE JUICE	1 EACH	60	0	0	14	0	0
APPLE SLICES	1 EACH	81	3.7	0.3	21	0.5	0.1
APPLESAUCE	1/2 CUP	50	1.01	0	13.13	0	0
APRICOTS CUP, FRZ	1 EACH	110	2	1	25	0	0
BANANA	1 EACH	105	3.07	1.29	26.95	0.39	0.13
BISCUITS	1 EACH	220	1	3	26	11	5
BLUEBERRIES (USDA)	4 OZ	40	2.2	0.32	9.5	0.5	0.04
BREAKFAST BUN	1 EACH	240	3	5	34	10	3.5
BREAKFAST FRUDEL - APPLE	1 EACH	210	2	5	36	6	1
BREAKFAST FRUDEL - CHERRY	1 EACH	210	2	5	37	6	1
BREAKFAST PIZZA (WG)	1 EACH	210	3	10.01	25.01	7	2
BREAKFAST STICK, PANCAKE FOSTER FARMS(WG)	1 EACH	200	3	7	17	10	2.5
BREAKFAST STICK, PANCAKE JIMMY DEAN(WG)	1 EACH	140	2	8	16	5	2.5
CEREAL BAR KIT-COCOA PUFFS	1 EACH	300	4	5	62	4.5	*0.00
CEREAL BAR KIT-TRIX	1 EACH	310	3	4	59	7.5	1
CEREAL BAR, ASSORTED	1 EACH	158	*2.40	2	29.6	3.5	*N/A*
CEREAL KIT-CINNAMON TOAST CRUNCH	1 EACH	270	4	3	52	7	1
CEREAL KIT-LUCKY CHARMS	1 EACH	280	3	4	58	4	0
CEREAL WITH GRAHAM CRACKERS	1 EACH	169	2.71	2	34.29	3.43	0.21
CEREAL WITH TOAST	1 EACH	212	3.71	5	37.29	5.6	1.88
CEREAL, APPLE JACKS	1 EACH	110	3	2	24	1	0.5
CEREAL, CHEERIOS	1 EACH	100	3	3	20	2	0
CEREAL, CINNAMON TOAST CRUNCH	1 EACH	110	3	1	22	3	0.5
CEREAL, FROOT LOOPS	1 EACH	110	3	2	24	1	0.5
CEREAL, HONEY NUT CHEERIOS	1 EACH	110	2	2	22	1.5	0
CEREAL, LUCKY CHARMS	1 EACH	110	2	2	23	1	0
CEREAL, RAISIN BRAN	1 EACH	110	3	2	28	0.5	0
CHEESE GRITS & SAUSAGE (PORK)	1 SERVING	286	0.89	7.35	13.23	22.49	8.47
CHEEZ-IT (WG)	1 EACH	100	1	2	14	3.5	1
CHICKEN & WAFFLE	1 WAF 1 FIL	200	2	12	22	7	0.5
CHICKEN & WAFFLES	2 WAF 1 FIL	290	3	14	36	10	0.5
CHICKEN & WAFFLES, USDA ELEMENTARY	1 WAF 1 FIL	190	2	12	20	6.2	*
CHICKEN & WAFFLES, USDA MIDDLE/HIGH	2 WAF 1 FIL	280	3	14	34	9.5	*
CHICKEN BISCUIT	1 EACH	330	2	13	34	15	5.5
CHICKEN BISCUIT, USDA	1 EACH	320	2	13	32	14.5	5
CRACKERS, ELF GRAHAMS	1 PACK(S)	120	1	2	21	4	1
CRACKERS, SALTINES	4 EACH	60	0.7	2	9	1.5	0
ELF GRAHAMS	1 EACH	120	1	2	21	4	1
EXPRESS, GLAZED BUN	1 EACH	240	3	5	34	10	3.5
EXPRESS, MINI DONUTS	1 EACH	270	2	4	41	11	3
EXPRESS, POP-TART (CINNAMON)	1 EACH	370	6	5	75	5	2
EXPRESS, POP-TART (FUDGE)	1 EACH	370	6	5	76	6	2
EXPRESS, POP-TART (STRAWBERRY)	1 EACH	360	6	4	75	4.5	2
FRENCH TOAST STICKS	2 STICKS	219	1.33	5.3	31.14	7.95	1.33
FRENCH TOAST STICKS & SAUSAGE	2STICKS 1PATTY	400	1.33	9.33	31.33	26	7.33
FROSTED PASTRY (CINNAMON) ES	1 EACH	185	3	2.5	37.5	2.5	1
FROSTED PASTRY (STRAWBERRY) ES	1 EACH	180	3	2	37.5	2.25	1
FRUIT, FRUIT COCKTAIL	1/2 CUP	79	1.97	0	18.7	0	0
GOLDFISH CRACKERS WG	1 EACH	100	1	2	14	4	0.5
GRITS (CHEESE)	1/2 CUP	106	0.89	3.35	13.23	4.49	2.58

BREAKFAST ITEMS	Portion Size	Cals	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
JELLY, ASSORTED PACKS	1 EACH	36	0	0	9	0	0
LACTOSEFREE MILK-SPECIAL DIET ONLY	HALF PINT	90	0	9	13	0	0
MILK, 1%	HALF PINT	100	0	8	12	2.5	1.5
MILK, CHOCOLATE FAT FREE	HALF PINT	120	0	9	20	0	0
MILK, STRAWBERRY FAT FREE	HALF PINT	110	0	8	19	0	0
MINI BAGELS - CINNAMON CREAM	1 EACH	240	2	6	41	6	2.5
MINI BAGELS - STRAWBERRY CREAM	1 EACH	240	2	6	41	6	2.5
MINI DONUT HOLES	1 SERVING	323	2.83	4.06	41.34	16.02	7.01
MINI PANCAKE WRAPS	3 PIECES	181	3.01	6.02	15.06	9.03	2.51
MUFFIN & YOGURT	1 EACH	272	2	7.25	46	7	2.25
MUFFIN, APPLE CINNAMON	1 EACH	190	2	3	31	6	2
MUFFIN, BANANA	1 EACH	190	2	3	31	6	2
MUFFIN, BLUEBERRY	1 EACH	190	2	3	30	6	2
MUFFIN, CHOC. CHIP	1 EACH	200	2	4	32	6	2
ORANGE	1 EACH	62	3.14	1.23	15.39	0.16	0.02
ORANGE JUICE	1 EACH	50	0	0	14	0	0
ORANGE WEDGES	1 EACH	62	3.14	1.23	15.39	0.16	0.02
PANCAKES	2 PANCAKES	153	2	3.33	27.33	4	0.67
PANCAKES & SAU	2 PAN/1SAU	333	2	7.33	27.33	22	6.67
PANCAKES & SAU (TURKEY)	2 PAN/1SAU	228	2	9.33	27.83	9	2.17
PANCAKES, MINI BLUEBERRY	1 PACK(S)	230	3	5	38	6	0.5
PANCAKES, MINI -MAPLE	1 PACK(S)	220	3	5	36	7	1
PANCAKES, MINI STRAWBERRY	1 PACK(S)	210	3	5	39	3.5	0
PARFAIT, BLUEBERRY (USDA)	1 EACH	250	3.94	6.13	52.14	2.98	0.83
PARFAIT, MAN ORANG/GRANOLA	1 EACH	290	3.74	6.35	60.64	2.49	0.79
PARFAIT, PEACH/GRANOLA	1 EACH	280	1.74	5.81	59.64	2.52	0.79
PARFAIT, PINEAPPLE/GRANOLA	1 EACH	290	2.74	6.16	62.64	2.49	0.79
PARFAIT, STRAWBERRY/GRANOLA	1 EACH	347	4.48	5.81	77.39	2.49	0.79
PEACHES (SLICED)	1/2 CUP	70	0	0	17	0.03	0
PEACHES, (DICED)	1/2 CUP	63	0.9	0	15.3	0	0
PEACHES, FROZEN USDA CUP	1 EACH	80	1	1	19	0	0
PEARS (SLICED)	1/2 CUP	80	1	0	19	0	0
SAUSAGE (PORK)	1 EACH	180	0	4	0	18	6
SAUSAGE (TURKEY)	1 EACH	75	0	6	0.5	5	1.5
SAUSAGE BISCUIT	1 EACH	400	1	7	26	29	11
SAUSAGE BISCUIT (TURKEY)	1 EACH	295	1	9	26.5	16	6.5
SCRAMBLED EGGS	1/4 CUP	305	0	27.64	1.77	20.03	8.81
SCRAMBLED EGGS	1/2 CUP	288	0	26.11	1.67	18.92	8.32
SMOOTHIE, STRAWBERRY	1 EACH	350	4.18	12.98	72.77	0.97	0.51
SMOOTHIE, STRAWBERRY W/CRACKERS	1 EACH	440	5.18	14.98	87.77	3.47	0.51
STEAK BISCUIT	1 EACH	410	2	10	35	26	10
TOAST	1 EACH	103	1	3	14	4.17	1.67
TOAST, CHEESE	1 EACH	130	1	6	14.67	5.86	3
WAFFLES WHOLE GRAIN	1 EACH	90	1	2	14	3	0
YOGURT, ASSORTED	1 EACH	80	0	4	15	1	0.25

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.