

## District Breakfast School Menu Nutritional Information 2018-2019

| Food Item                               | Serving        | Calories | Carbs | Sodium |
|---|----------------|----------|-------|--------|
| <b>Entrees</b>                          |                |          |       |        |
| WG Mini Bagels + Cinnamon Cream Cheese  | 1 each         | 240      | 42    | 180    |
| WG Blueberry Waffles                    | 1 package      | 200      | 36    | 170    |
| WG Oatmeal Breakfast Bar                | 1 each         | 240      | 43    | 210    |
| Yogurt Bar with dried fruit             | 1 each         | 320      | 66    | 170    |
| WG Turkey Pancake Wrap                  | 6 each         | 360      | 30    | 560    |
| Yogurt Bar with fresh fruit             | 1 each         | 280      | 53    | 170    |
| Low Fat Yogurt                          | 1 each         | 80       | 15    | 60     |
| WG Cinnamon Roll                        | 1 package      | 240      | 39    | 270    |
| Hard Boiled Egg                         | 1 each         | 80       | 1     | 60     |
| Whole Grain Biscuit                     | 1 each         | 200      | 28    | 330    |
| Turkey Sausage Link                     | 2 pieces       | 120      | 0     | 180    |
| Animal Crackers/Grahams                 | 1 package      | 130      | 21    | 110    |
| WG Pancakes                             | 1 package      | 220      | 40    | 130    |
| WG Banana Chocolate Chunk Breakfast bar | 1 each         | 280      | 48    | 220    |
| Cheesy Egg Omelet                       | 1 each         | 120      | 1     | 300    |
| WG Apple Studel                         | 1 each         | 210      | 36    | 260    |
| String cheese                           | 1 each         | 80       | 2     | 200    |
| WG Blueberry Muffin                     | 1 each         | 190      | 30    | 130    |
| WG Cereal                               | 1 each         | 110      | 22    | 110    |
| WG French Toast                         | 3 each         | 315      | 45    | 390    |
| WG Croissant                            | 1 each         | 220      | 30    | 300    |
| WG Cocoa Puffs                          | 1 each         | 110      | 25    | 120    |
| WG Trix                                 | 1 each         | 110      | 24    | 140    |
| WG Cinnamon Chex                        | 1 each         | 120      | 22    | 170    |
| WG Rice Chex                            | 1 each         | 100      | 24    | 250    |
| WG Apple Cinnamon Cheerios              | 1 each         | 110      | 22    | 110    |
| WG Cheerios                             | 1 each         | 100      | 20    | 140    |
| WG Golden Graham                        | 1 each         | 100      | 24    | 220    |
| <b>Fruits</b>                           |                |          |       |        |
| 100% Fruti Juice Cup                    | 1 each         | 60       | 14    | 5      |
| Banana                                  | 1/2 cup sliced | 70       | 17    | 0      |
| Orange Wedges                           | 1/2 cup        | 50       | 13    | 0      |
| Strawberry Craisins                     | 1 package      | 110      | 28    | 0      |
| Raisins                                 | 1 box          | 110      | 30    | 0      |
| Applesauce Cup                          | 4 oz cup       | 80       | 20    | 15     |
| Apples                                  | 1 whole        | 70       | 19    | 0      |
| Pears                                   | 1 each         | 60       | 15    | 5      |
| Grapes                                  | 1/2 cup        | 50       | 14    | 0      |
| Strawberries                            | 1/2 C.         | 25       | 6     | 0      |
| <b>Milk</b>                             |                |          |       |        |
| FF Chocolate Milk                       | 1/2 pt         | 130      | 24    | 200    |
| FF Strawberry Milk                      | 1/2 pt         | 130      | 22    | 100    |
| 1 % White Milk                          | 1/2 pt         | 110      | 13    | 130    |
| Lactaid                                 | 1/2 pt         | 110      | 13    | 125    |