

## Breakfast Carbohydrate Count - Secondary Schools

For more information, please contact Food and Nutrition Services at 686-7735 ext. 7863.

Breakfast	Calories	Carbohydrates (grams)
<b>Entrée</b>		
Bagel w/ Cream Cheese	436	66
Bean and Cheese Burrito	389	56
Breakfast Bar (All flavors)	290	48
Breakfast Burrito	360	48
Breakfast Pizza:		
Bacon & Egg	401	41
Ham & Egg	372	41
Sausage & Egg	386	41
Breakfast Sandwiches: (All served with Roasted Potatoes)		
Egg & Cheese on a Bagel	439	51
Egg & Cheese on a Biscuit	468	48
Egg & Cheese on a English Muffin	418	45
Bacon, Egg & Cheese on a Bagel	519	51
Bacon, Egg & Cheese on a Biscuit	548	48
Bacon, Egg & Cheese on a English Muffin	498	45
Sausage, Egg & Cheese on a Bagel	619	51
Sausage, Egg & Cheese on a Biscuit	648	48
Sausage, Egg & Cheese on a English Muffin	598	46
Turkey Ham, Egg & Cheese on a Bagel	504	53
Turkey Ham, Egg & Cheese on a Biscuit	533	49
Turkey Ham, Egg & Cheese on a English Muffin	483	47
Cereal:		
Apple Jacks	162	37
Frosted Flakes	218	53
Rice Krispies	139	33
Muffins – Whole Grain		
Chocolate Chip	403	51
Blueberry	368	46
Oatmeal	157	30
Pancake Sausage Roll Up w/ Syrup	365	65
Pop tarts Whole Grain		
Strawberry	360	74
Cinnamon	385	77
Ultimate Breakfast Round (2)	520	88
Yogurt	170	34

Item	Calories	Carbohydrates (grams)
<b>Sides</b>		
<b>Fruit</b>		
Applesauce, Motts	98	25
Apricots, canned	80	21
Banana, fresh	101	26
Fruit Cocktail	72	19
Grapes, fresh	31	8
Kiwi, fresh	46	11
Mandarin Oranges	36	9
Nectarine, fresh	60	14
Orange, fresh	62	15
Peaches, canned	68	18
Pear, fresh	96	26
Pear, fresh	96	25
Pears, canned	72	19
Pineapple, canned	70	17
Tropical Fruit Salad	79	20
<b>JUICES:</b>		
CapriSun 100% Fruit Juice – All flavors	100	26
V-Fusion Strawberry Banana	170	42
<b>Milk</b>		
Milk, 1/2 pint, 1% fat	130	16
Hot Chocolate (fat free Choc. Milk, 1/2 pint) Offered in Winter	120	22