

Nutritional Analysis for Breakfast Items at the Elementary Level

Updated 11-6-19

Fat, Saturated Fat, Fiber, and Carbohydrates are measured in grams and Sodium in milligrams.

<u>Item</u>	<u>Serving Size</u>	<u>Calories</u>	<u>Fat Grams</u>	<u>Sat. Fat</u>	<u>Sodium</u>	<u>Carbs</u>	<u>Sugars</u>	<u>Fiber</u>
Animal Graham Minis	1 Pouch	100	3	0	45	18	7	1
Apples, Fresh	3"	95	0	0	2	25	19	4
Apple Jacks Cereal	28 g bowl	110	10	0	160	24	8	2
Applesauce	4 oz	50	0	0	20	12	8	2
Apple Juice (Pouch)	4 oz	60	0	0	10	15	12	0
Banana	6-7"	90	0	0	1	23	14	3
Cheez-Its Crackers	1 pouch	100	4	1	150	14	0	1
Cinnamon Toast Crunch Cereal	28g bowl	120	3	0	160	22	6	3
Cocoa Puffs Cereal	28g bowl	120	2	0	120	25	8	2
Fruit Juice (Pouch)	4 oz	60	0	0	10	15	13	0
Trix Cereal	28g bowl	110	2	0	140	24	7	1
Tropical Fruit Punch (Box)	4.23 oz	60	0	0	5	15	14	0
Milk, Chocolate 1 % Fat Free	1/2 pint	150	3	2	230	24	22	0
Milk, 1% Fat Free	1/2 pint	100	3	2	120	11	11	0
Milk, Low Fat	1/2 pint	80	0	0	120	11	11	0
Vanilla Bear Grahams	1 pouch	120	4	1	95	20	6	2

***Notice: The data contained within this report 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.**