

Nutritional Analysis for Breakfast Items at the Secondary Level

revised 10/25/2019

Item	Serving Size	Calories	Fat Grams	Sat. Fat	Sodium	Carbs	Sugars	Fiber
Apple 3 1/4" - fresh	1	95	0	0	2	25	19	4
Apple Juice	4 oz	50	0	0	0	13	12	0
Bagels, Mini Cinnamon	1 pkg.	240	6	3	180	42	13	2
Bagels, Mini Strawberry	1 pkg.	240	6	3	180	41	13	2
Banana 6-7"	1	90	0	0	1	23	12	3
Breakfast Bar - Apple Cinnamon	1 bar	290	9	3	240	48	22	3
Breakfast Bar - Chocolate Chunk	1 bar	280	8	3	220	48	23	3
Breakfast Bar - Cinn. Toast Crunch	1 bar	260	8	3	290	41	15	3
Breakfast Bar - Cocoa Puffs	1 bar	250	7	2	310	43	15	3
Breakfast Cookie	1 cookie	240	6	2	210	43	17	6
Breakfast Sliders	2 pieces	160	5	2	290	20	5	5
Cereal-Cinn. Toast Crunch	1 bowl	110	3	1	160	22	6	3
Cereal-Cocoa Puffs	1 bowl	110	2	0	120	25	8	2
Cereal-Froot Loops	1 bowl	110	1	1	160	24	8	2
Cereal-Frosted Flakes	1 bowl	100	0	0	170	24	7	2
Cereal-Golden Grahams	1 bowl	100	1	0	220	24	8	1
Cereal-Trix	1 bowl	110	2	0	140	24	7	1
Cheese Omelet	1	120	10	4	300	1	0	1
Crunch Mania 50g bag	1 bag	210	7	2	180	37	12	3
Eggo Mini French Toast-Choc. Chip	1 pouch	210	6	2	260	35	10	4
Pillsbury Mini Waffles Blueberry	1 pouch	200	6	1	170	36	10	3
Pillsbury Mini Pancakes Maple	1 pouch	210	6	1	270	38	11	2
Goldfish Grahams	1 packet	120	4	1	115	19	5	1
Grape Juice	4 oz	80	0	0	0	19	18	0
Grapes	1/2 cup	60	0	0	10	15	13	1
Mandarin Oranges/canned	1/2 cup	90	0	0	10	20	19	0
Milk, Chocolate 1% Low Fat	8 oz	150	3	2	230	24	22	0
Milk, White Fat Free	8 oz	80	0	0	120	11	11	0
Milk, White 1% Low Fat	8 oz	100	3	2	120	11	11	0
Orange Juice	4 oz	60	0	0	0	13	12	0
Pancakes w/cinnamon MAX	1 pkg	220	7	2	260	35	11	2
String Cheese	1 ea.	60	3	2	200	1	1	0
Yogurt Strawberry 4 oz	113g	70	0	0	55	14	10	0

***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.