



## Carb Counts Breakfast Menu Items 2016

*\*Please Note: For a reimbursable breakfast students are offered 4 components:*

- 1. fruit/Vegetable*
- 2. milk*
- 3. grain/protein*
- 4. Can be an additional protein/grain/fruit. Students must choose 3 of the above.*

*\*Items referenced as a single item will be paired with another menu item. Check the menu for this pairing.*

| #                   | Entrée Food Item   | Category    | Calories | Carbs (g) |
|---------------------|--|-------------|----------|-----------|
| 8984635             | BAKE CRAFTERS Animal Crackers*                           | Single Item | 130      | 22        |
| 6050511             | BAKE CRAFTERS Apple Bites                                | Entrée      | 280      | 41        |
| 5704852             | BAKE CRAFTERS Choc Chip Muffin                           | Entrée      | 270      | 44        |
| 1792233             | BETTY CROCKER Oatmeal/Butterscotch*                      | Single Item | 150      | 23        |
| 1810134             | BETTY CROCKER Oatmeal/Choc Chip Bar*                     | Single Item | 150      | 24        |
| 1372549             | BONGARDS Cheese Stick*                                   | Single Item | 90       | 6         |
| 4047973             | CHEF PIERRE .9 oz Blueberry Mini Muffin- 3 muffins       | Entrée      | 300      | 42        |
| 9047978             | CHEF PIERRE .9 oz Corn Muffin- 2 muffins                 | Entrée      | 200      | 30        |
| 1014778             | CHEF PIERRE 2 oz Corn Muffin- 1 Muffin                   | Entrée      | 240      | 30        |
| 4159968             | CMI 4.25" Pancake- 2 pancakes                            | Entrée      | 152      | 31        |
| 7159965             | CMI 4" French Toast- 2 slices                            | Entrée      | 238      | 42        |
| 1789056,<br>2577427 | DANIMALS/TRIX Yogurt*                                    | Single Item | 100      | 20        |
| 7613318             | EGGO Waffle Pouch  | Entrée      | 200      | 35        |
| 7893753             | FARM RICH French Toast Sticks- 4 sticks                  | Entrée      | 280      | 35        |
| 9558891             | FUNNEL CAKE FACTORY Dutch Waffle 5"                      | Entrée      | 300      | 43        |
| Various #'s         | KELLOGGS All .75 & 1 oz Bowl- average values*            | Entrée      | 100      | 23        |
| 4525820,<br>1525559 | KELLOGGS Crunch Mania                                    | Entrée      | 210      | 37        |
| 7613227,<br>2931608 | KELLOGGS Jump Start                                      | Entrée      | 255      | 55        |
| 2683902<br>2691491  | KELLOGGS Nutri-Grain Bar*                                | Single Item | 160      | 30        |
| 3839842,<br>3839784 | KELLOGGS Pop Tarts-1 poptart                             | Entree      | 90       | 18        |
| 4449781             | KRUSTEAZ Mini Pancakes- 6 pancakes                       | Entrée      | 120      | 21        |
| 7301922             | KRUSTEAZ Waffle Sticks                                   | Entrée      | 225      | 32        |
| 1426170             | MICHAELS (Papetti) Cinnamon Glazed French Toast- 1 slice | Entrée      | 250      | 35        |
| 2295913             | MICHAELS (Papetti) Cinnamon Swirl French Toast           | Entrée      | 440      | 70        |
| 9423559             | MICHAELS (Papetti) Colby 5" Omelet*                      | Entrée      | 210      | 3         |
| 5465521             | MICHAELS (Papetti) Egg Patty 1.25 oz 3.5"*               | Single Item | 190      | 3         |
| 4402301             | MICHAELS (Papetti) French Toast Sticks- 4 sticks         | Entrée      | 227      | 35        |

## Nutri-Serve Food Management Nutritionals

|                     |   |                 |                 |                  |
|---------------------|---|-----------------|-----------------|------------------|
| 1004852             | NABISCO Crackers*                         | Single Item     | 60              | 11               |
| 1402197             | PEPPERIDGE FARM Giant Goldfish Grahams*   | Single Item     | 120             | 19               |
| 9647413,<br>9647827 | PILLSBURY Bagels & Cream Cheese           | Entrée          | 230             | 41               |
| 3639234             | PILLSBURY Cini Mini Roll                  | Entrée          | 240             | 40               |
| 8872145,<br>8872137 | PILLSBURY Frudel- Apple or Cherry         | Entrée          | 210             | 37               |
| 393514              | PILLSBURY Maple French Toast Bag          | Entrée          | 220             | 37               |
| 6960694             | PILLSBURY Maple Pancake Bag               | Entrée          | 230             | 41               |
| 7597545             | SMUCKERS Waffle                           | Entrée          | 240             | 41               |
| 374405              | SUPER BAKERY Mini Loaf*                   | Single Item     | 190             | 30               |
| 6007072             | THE MAXX Breakfast Pizza                  | Entrée          | 210             | 25               |
| <b>#</b>            | <b>Possible Components (add together)</b> | <b>Category</b> | <b>Calories</b> | <b>Carbs (g)</b> |
| 4009858             | BRIDGFORD 1 oz Biscuit                    | Bread           | 85              | 12.5             |
| 6009858             | BRIDGFORD 2.25 oz Biscuit                 | Bread           | 190             | 28               |
| 686                 | DELUXE WG Cater Kaiser 3.5"               | Bread           | 100             | 22               |
| 984                 | DELUXE WG English Muffin                  | Bread           | 135             | 24               |
| 9170226             | JENNIE-O 1 oz Turkey Sausage Link         | Turkey          | 50              | 0                |
| 3249178             | JENNIE-O 1.03 Turkey Sausage Patty        | Turkey          | 60              | 0                |
| 4341446             | JENNIE-O- Turkey Bacon Strips (1)         | Turkey          | 25              | 0                |
| 1585009             | JENNIE-O Turkey Canadian Bacon            | Turkey          | 60              | 0                |
| 5185376             | JENNIE-O Turkey Ham                       | Turkey          | 70              | 1                |
| 3084589             | JIMMY DEAN Pork Patty 1 oz- 2.5"          | Pork            | 120             | 1                |
| 1063155             | JIMMY DEAN Pork Patty 2 oz- 3.25"         | Pork            | 180             | 1                |
| 5770631             | LENDERS 2 oz Whole Wheat Bagel            | Bread           | 150             | 30               |
| 6002323             | LENDERS 2.3 oz White Bagel                | Bread           | 160             | 33               |
| 5465521             | MICHAELS (Papetti) Egg Patty 1.25 oz 3.5" | Entrée          | 190             | 3                |
| 8891897             | RICH'S WG Flatbread                       | Bread           | 180             | 29               |
| 5257241             | SUPER BAKERY Whole Grain Pretzel Bun      | Bread           | 160             | 29               |
| 1046840             | SUPER BAKERY Whole Grain Slider (1)       | Bread           | 90              | 16               |
| 100019,<br>2813426  | USDA/US FOODS Sliced American             | Cheese          | 104             | 1                |
| <b>#</b>            | <b>Entrée Food Item</b>                   | <b>Category</b> | <b>Calories</b> | <b>Carbs (g)</b> |
| 1289                | 2 oz Bagel w/ Peanut Butter               | Entrée          | 338             | 38               |
| 6007072             | THE MAXX Breakfast Pizza                  | Entrée          | 210             | 25               |
| 2946                | Breakfast Quesadilla                      | Entrée          | 265             | 26               |
| 3570                | Mini Parfait                              | Entrée          | 282             | 55               |
| 2575                | Yogurt & Strawberry Parfait- no cereal    | Entrée          | 161             | 2                |
| <b>#</b>            | <b>Entrée Food Item</b>                   | <b>Category</b> | <b>Calories</b> | <b>Carbs (g)</b> |
| 7329279             | Jelly- 1 packet (0.5 oz)                  | Condiment       | 39              | 10               |
| 3518610             | Syrup- 1 oz container- sugar free         | Condiment       | 0               | 0                |
| 3329349             | Syrup- 1.5 oz container                   | Condiment       | 111             | 28               |
| <b>Sides</b>        |   | <b>Category</b> | <b>Calories</b> | <b>Carbs (g)</b> |
|                     | Tator Tots- ½ cup                         | Vegetable       | 160             | 20               |
|                     | Hash Brown Patty- 1 patty                 | Vegetable       | 140             | 15               |

## Nutri-Serve Food Management Nutritionals

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|                           |             |     |    |
|---------------------------|-------------|-----|----|
| Apple, Fresh- medium      | Fruit       | 95  | 19 |
| Applesauce                | Fruit       | 83  | 21 |
| Assorted Juice cup (4 oz) | Fruit       | 77  | 18 |
| Banana                    | Fruit       | 105 | 27 |
| Blueberries               | Fruit       | 41  | 10 |
| Cantaloupe                | Fruit       | 26  | 7  |
| Grapes                    | Fruit       | 72  | 18 |
| Honeydew                  | Fruit       | 30  | 7  |
| Mandarin Oranges          | Fruit       | 75  | 15 |
| Mello-Jello               | Fruit/Treat | 99  | 23 |
| Mixed Fruit               | Fruit       | 65  | 17 |
| Nectarine                 | fruit       | 67  | 16 |
| Orange                    | fruit       | 65  | 16 |
| Peach                     | fruit       | 37  | 10 |
| Peaches canned            | Fruit       | 70  | 17 |
| Pear                      | Fruit       | 98  | 25 |
| Pear canned               | Fruit       | 70  | 17 |
| Plum (1)                  | Fruit       | 35  | 9  |
| Strawberries              | Fruit       | 25  | 6  |
| Watermelon                | Fruit       | 23  | 6  |
| 1% White Milk             | Beverage    | 100 | 11 |
| Skim Chocolate Milk       | Beverage    | 130 | 23 |
| Skim Strawberry Milk      | Beverage    | 130 | 23 |
| Skim Vanilla Milk         | Beverage    | 120 | 20 |
| Skim White Milk           | Beverage    | 86  | 13 |

\*Carbohydrate counts are calculated to the best of our knowledge and could vary due to unforeseen circumstances such as a change in supplier's ingredients or unavailability of product. Please use these as a guide and consult the food service director of your program to view a specific label for verification if there is any question.