

## ELEMENTARY BREAKFAST CARBOHYDRATE AND CALORIE COUNTS

Menu Item	Portion Size	Cals	Carb (g)
Apples, Whole	1 Each	72	19
Apples, Fresh, Sliced 2 oz	1 Each	29	8
Applesauce	1/2 Cup	52	14
Bagelful Brown Sugar Spread	1 Each	180	32
Bagelful Strawberry Spread	1 Each	180	32
Breakfast Bun, Mini	1 Each	140	24
Buttermilk Bar	1 Each	266	46
Cereal Honey Nut Scooters	1 Bowl	110	22
Cinnamon Roll Mini	1 Each	123	23
Coffee Cake	1 Each	260	37
French Toast Sticks	4 Sticks	300	42
Fruit, Mixed, Canned	1/2 Cup	69	18
Grahams, Honey	1 Each	110	20
Juice Choice, 4 Oz	1 Each	57	15
Maple Sunrise Bites	1 Each	220	40
Milk 1% White 8 Oz	8 oz	120	14
Milk NF Chocolate 8 Oz	8 oz	120	22
Pancake On A Stick	1 Each	170	18
Pancakes Mini Chocolate Chip	1 Pouch	230	41
Pears, Diced, Canned	1/2 Cup	58	15
Pizza, Breakfast Sausage	1 Each	210	26
Proball Cinnamon	1 Each	100	17
Proball Glazed	1 Each	100	17
Proball Powdered Sugar	1 Each	100	17
Syrup Packet, 1 Oz	1 Each	66	17
Waffle Sticks Maple Belgian	3 Sticks	210	29