

Breakfast Carbohydrate Count - Secondary Schools

Item	Calories	Carbohydrates
Hot Entrées		
Bean and Cheese Burrito	389	65
Cheese Stick, Bosco (2 sticks)	420	48
Egg and Cheese Burrito	360	48
Ham and Cheese Sandwich, Tony's	300	39
Pancake and Sausage Roll Up	604	55
Poptarts, chocolate	395	74
Breakfast Sandwiches		
Bagel Breakfast Sandwich with Bacon	731	69
Bagel Breakfast Sandwich with Ham	685	69
Bagel Breakfast Sandwich with Sausage	851	69
Biscuit Breakfast Sandwich with Bacon	636	36
Biscuit Breakfast Sandwich with Ham	605	36
Biscuit Breakfast Sandwich with Sausage	756	36
English Muffin Breakfast Sandwich with Bacon	529	30
English Muffin Breakfast Sandwich with Ham	483	30
English Muffin Breakfast Sandwich with Sausage	649	30
Cold Entrees		
Bagel with Strawberry Cream Cheese	300	50
Cereal Bar, Cheerios	150	28
Cereal Bar, Cinnamon Toast Crunch	160	30
Cinnamon Roll	405	72
Egg, hard boiled	139	1
Fruit & Yogurt	312	68.95
Muffin, Blueberry	345	26
Muffin, Chocolate chip	385	41
Peanut Butter & Jelly Bar	322	29
Peanut Butter & Jelly Jamwich	304	32
Yogurt, fruited, low-fat	232	43
Cereal-in-a-Cup		
Apple Jacks, Kellogg's	160	38
Frosted Flakes, Kellogg's	220	54
Raisin Bran Crunch, Kellogg's	280	67
Rice Krispies, Kellogg's	140	33
Fruit		
Applesauce, Motts	98	24.5
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
Juices		
Capri Sun 100% Fruit Juice, Apple	100	23
Capri Sun 100% Fruit Juice, Berry	100	24
Capri Sun 100% Fruit Juice, Fruit Dive	100	25
V-8 Juice	30	7
Milk		
Chocolate Milk, 1/2 pint, fat free	170	31
Milk, 1/2 pint, 1% fat	130	16