

## CALORIES, CARBOHYDRATE COUNT, AND FIBER FOR DISTRICT BREAKFAST MENUS

For more information, please contact Mark Bindus, RDN,LD directly at 216-214-2745

Menu Items	Calories	Carbohydrate Counts (grams)	Fiber (Grams)	Sodium (mg)
<b>ENTREES</b>				
Poptart, Single, Whole Grain, Strawberry or Cinnamon	180	38	3	180
Breakfast Sliders, Whole Grain, Egg, Cheese and Turkey Sausage	150	21	2	280
Crunchmania Snack, Whole Grain, Assorted Flavors	220	37	2	230
Egg TacGo, Whole Grain, with Egg and Cheese	180	14	2	400
Mini Cinnis, Whole Grain, Cinnamon Buns	240	40	2	300
Mini Maple Pancakes, Whole Grain	230	40	3	270
Pancake Sausage (Turkey) Wrap, Whole Grain	200	17	3	310
Peanut Butter & Jelly Wafer, Whole Grain	290	30	4	220
Rice Krispy Breakfast Bars, Whole Grain	150	27	3	105
String Cheese, 1oz	85	1.07	0	148
Trix, Cinnamon Toast Crunch or Cocoa Puffs Cereal Bar, Whole Grain	150	30	3	105
Nature Valley Granola Bar	190	29	2	160
Pillsbury Mini Bagels	230	41	2	180
4 oz Yogurt	80	16	0	65
1 oz String Cheese	80	1	0	210
<b>FRUITS</b>				
Apple, Whole, Fresh	72	19.06	3.31	1
Banana, Mini, Whole	90	23.07	2.63	1
Juice, All Varieties, 100%, 4 oz	60	15	0	5
<b>MILK</b>				
Milk, Chocolate, Fat Free, 8oz	120	23	0	240
Milk, Fat Free, Unflavored, 8 oz	83	12.15	0	103
Milk, 1%, Unflavored, 8 oz	102	12.18	0	107