

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)
ENTREES				
Crunchmania Snack, Whole Grain, Assorted Flavors	220	37	2	230
Homemade Donut with Icing	346	46	3	305
Breakfast Croissant Sandwich (egg, cheese, ham)	330	32.6	3	761
Breakfast Pizza	240	31	3	490
Mini Donuts, 6 pack, (Powdered or Chocolate)	310	45	3	490
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
Poptart, Twin pack, Whole Grain, Strawberry or Cinnamon	370	75	6	380
FRUITS				
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
MILK				
Milk, Chocolate, Fat Free, 8oz	160	23	0	240
Milk, Fat Free, Unflavored, 8 oz	83	12.15	0	103
Milk, 1%, Unflavored, 8 oz	102	12.18	0	107