

**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) |
|--|----------|-----------------------------|---------------|
| <b>ENTREES</b>   |          |                             |               |
| Poptart, Single, Whole Grain, Strawberry or Cinnamon               | 180      | 38                          | 3             |
| Breakfast Sliders, Whole Grain, Egg, Cheese and Turkey Sausage     | 150      | 21                          | 2             |
| Crunchmania Snack, Whole Grain, Assorted Flavors                   | 220      | 37                          | 2             |
| Egg TacGo, Whole Grain, with Egg and Cheese                        | 180      | 14                          | 2             |
| Mini Cinnis, Whole Grain, Cinnamon Buns                            | 240      | 40                          | 2             |
| Mini Maple Pancakes, Whole Grain                                   | 230      | 40                          | 3             |
| Pancake Sausage (Turkey) Wrap, Whole Grain                         | 200      | 17                          | 3             |
| Peanut Butter & Jelly Wafer, Whole Grain                           | 290      | 30                          | 4             |
| Rice Krispy Breakfast Bars, Whole Grain                            | 150      | 27                          | 3             |
| String Cheese, 1oz   | 85       | 1.07                        | 0             |
| Trix, Cinnamon Toast Crunch or Cocoa Puffs Cereal Bar, Whole Grain | 150      | 30                          | 3             |
|  |          |                             |               |
| <b>FRUITS</b>  |          |                             |               |
| Apple, Whole, Fresh  | 72       | 19.06                       | 3.31          |
| Banana, Mini, Whole  | 90       | 23.07                       | 2.63          |
| Juice, All Varieties, 100%, 4 oz                                   | 60       | 15                          | 0             |
|  |          |                             |               |
| <b>MILK</b>  |          |                             |               |
| Milk, Chocolate, Fat Free, 8oz                                     | 120      | 23                          | 0             |
| Milk, Fat Free, Unflavored, 8 oz                                   | 83       | 12.15                       | 0             |
| Milk, 1%, Unflavored, 8 oz   | 102      | 12.18                       | 0             |