

GCC Epic Elementary Schools - Breakfast Menu Carbohydrate Count

Menu and Counts Subject to Change/See Your School Nurse for Updated Monthly Carb Counts



Menu Item – Entrée	Serving	Carbs
Breakfast Bun Cinnamon Roll	Each	54.01
Cheese Quesadilla	Each	18
French Toast Sticks	3 Each	41.8
Mini Pancake Wraps	3 Each	15.06
Egg & Cheese on WG Bun	Each	19.18
Mini Pancakes – Asst. Flavors	Bag	38.5
Mini Waffles – Asst. Flavors	Bag	35
Nutri Grain Fruit & Grain Bar	Each	29.96
Small Muffin (2 oz) – Asst. Flavor	Each	29
Turkey Sausage Breakfast Pizza	Each	26.95
Yogurt Variety Flavors	Each	19

Menu Item - Entree	Serving	Carbs
Cold Cereal Individual Bowl Packs – 1 oz	Each	23.82
Multigrain Cheerios Bowl Pack	Each	23
Honey Grahams Bowl Pack	Each	24
Frosted Corn Flakes Bowl Pack	Each	24
Trix – Low Sugar Bowl Pack	Each	24
Cocoa Puffs – Low Sugar Bowl Pack	Each	25
Cinnamon Toast Crunch Bowl Pack	Each	22
Apple Jacks – Low Sugar Bowl Pack	Each	24
Fruit Loops Low Sugar Bowl Pack	Each	24
Maple Syrup Cup 1.5 oz	Each	30.66
Milk Choices	Serving	Carbs
1% White Milk – 8 oz	Carton	16
Nonfat White Milk – 8 oz	Carton	14

Fruit Choices	Serving	Carbs
Fresh Apple Slices	½ C	13.16
Fresh Orange Slices	½ C	15.39
Fresh Banana	Each	26.95
Mixed Fruit - Canned	½ C	17.29
Diced Peaches - can	½ C	17
Pear Halves - canned	½ C	19
Pineapple Tidbits	½ C	15
Mandarins - canned	½ C	18.21
Juice, 100% Fruit	Each	16
Applesauce Cup	Each	14.64
Craisins	Pkg	28

Nutrient values have been determined utilizing approved software comprised of common foods found in the USDA database, standardized recipes and manufacturer’s specification sheets. These results should be viewed as a general nutrition guide and not for medical nutrition therapy. This is a close approximation of the true nutrient content since various factors influence the amounts of nutrients in foods. The reliability of data may fluctuate with changes in portion size, product specifications, substitutions, recipe compliance and manufacturer’s ingredients.

Please contact your School Cafeteria Manager, School Nurse, or TRUSD Nutritionist for most current nutrient facts.



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