

Middle & High 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	Menu Item - Entree	Serving	Carbs	Fruit Choices	Serving	Carbs
Breakfast Bun Cinnamon Roll	Each	54.01	Cold Cereal Individual Bowl Packs – 1 oz	Each	23.82	Fresh Apple Slices	½ C	13.16
French Toast Sticks	3 Each	41.8	Multigrain Cheerios Bowl Pack	Each	23	Fresh Orange Slices	½ C	15.39
Mini Pancakes – Asst. Flavors	Bag	38.5	Honey Grahams Bowl Pack	Each	24	Fresh Banana	Each	26.95
Mini Waffles – Asst. Flavors	Bag	35	Frosted Corn Flakes Bowl Pack	Each	24	Mixed Fruit - Canned	½ C	17.29
Nutri Grain Fruit & Grain Bar	Each	29.96	Trix – Low Sugar Bowl Pack	Each	24	Diced Peaches - can	½ C	17
Small Muffin (2 oz) – Asst. Flavor	Each	29	Cocoa Puffs – Low Sugar Bowl Pack	Each	25	Pear Halves - canned	½ C	19
Turkey Sausage Breakfast Pizza	Each	26.95	Cinnamon Toast Crunch Bowl Pack	Each	22	Pineapple Tidbits	½ C	15
Whole Grain Toaster Pastry	Each	37.92	Apple Jacks – Low Sugar Bowl Pack	Each	24	Mandarins - canned	½ C	18.21
Cereal Bar Assorted	Each	30.19	Fruit Loops Low Sugar Bowl Pack	Each	24	Juice, 100% Fruit	Each	16
Bagels and Cream Cheese	Each	35.02	Maple Syrup Cup 1.5 oz	Each	30.66	Applesauce Cup	Each	14.64
Yogurt Parfait	Each	48.29	Milk Choices	Serving	Carbs			
Breakfast Bowl & English Muffin	Each	29.45	1% White Milk – 8 oz	Carton	16			
Coffee Cake	Each	61.21	Nonfat Chocolate Milk – 8 oz	Carton	21			
Pork Pancake Sausage	Each	24						
Breakfast Burrito	Each	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.



Lisa Vorce, R.D., SNS
Nutritionist
 Nutrition Services, Twin Rivers USD
 916-566-1600 ext, 50514