

Elementary K-8 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
Beef Sausage Patty	Each	1	Cold Cereal Individual Bowl Packs – 1 oz *	Each	23.82	Fresh Apple Slices	½ C	13.16
Breakfast Bun Cinnamon Roll	Each	54	Multigrain Cheerios Bowl Pack	Each	23	Fresh Orange Slices	½ C	15.39
Canadian Turkey Ham	2 Slices	0	Honey Grahams Bowl Pack	Each	24	Fresh Banana	Each	27
Cheese Quesadilla	Each	18	Frosted Corn Flakes Bowl Pack	Each	24	Mixed Fruit - Canned	½ C	17.29
French Toast Sticks	3 Each	41.8	Trix – Low Sugar Bowl Pack	Each	24	Diced Peaches - can	½ C	17
Fresh Baked Pan Bread	Slice	28	Cocoa Puffs – Low Sugar Bowl Pack	Each	25	Pear Halves - canned	½ C	19
Fresh Baked Scone	Each	30	Cinnamon Toast Crunch Bowl Pack	Each	22	Pineapple Tidbits	½ C	15
Maple Bar	Each	23	Apple Jacks – Low Sugar Bowl Pack	Each	24	Mandarins - canned	½ C	18.21
Mini Maple Turkey Pancake Wrap	Each	15.06	Fruit Loops Low Sugar Bowl Pack	Each	24	Juice, 100% Fruit	Each	16
Mini Pancakes – Asst. Flavors	Each	38.5	Maple Syrup Cup 1.5 oz	Each	31	Rosati Frozen Cup	Each	25
Mini Waffles – Asst. Flavors	Each	35	Fruit Chillers 100% Smoothie	4 oz	13.5	Frozen Fruit Juice Cup	Each	19
Nutri Grain Fruit & Grain Bar *	Each	30				Applesauce Cup	Each	14.64
Small Muffin (2 oz) – Asst. Flavor *	Each	29	Milk Choices	Serving	Carbs	Craisins	Pkg	28
Turkey Ham & Cheese on English Muffin	Each	27	1% White Milk – 8 oz	Carton	16	Vegetable Choices	Serving	Carbs
Turkey Sausage Breakfast Pizza	Each	26.95	Nonfat White Milk – 8 oz	Carton	14	Sweet Potato Waffle Fries	½ C	15
Whole Grain Toaster Pastry	Each	38	Nonfat Chocolate Milk – 8 oz	Carton	21	Potato Tri Patty	Each	20
Yogurt Variety Flavors *	Each	19						
<ul style="list-style-type: none"> These Items also found on Smart Start Breakfast Bar 								

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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