

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
Bagel and Cream Cheese	Each	32.03
Beef Sausage Patty	Each	1
Breakfast Cinnamon Bun	Each	54.01
Cini Mini’s Package	Pkg.	40
Coffee Cake	Serving	61.21
Egg & Sausage Bowl with English Muffin & Hashbrown	Each	29.45
Egg, Bacon & Cheese Breakfast Burrito	Each	28
Fresh Baked Breakfast Bread & Sausage Link	Serving	43.02
Mini Waffles – Asst. Flavors	Each	35
Mini Pancakes – Asst. Flavors	Each	38.5
Pork Sausage Pancake on a Stick	Each	24
Turkey Ham & Cheese on English Muffin	Each	27
Turkey Sausage Breakfast Pizza	Each	26.95
Yogurt Parfait with Fruit & Granola	Each	48.29
Maple Syrup Cup	Each	30.66

Choose 2- Grab & Go Grains Bar	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
Small Muffin (2 oz.) – Asst. Flavor	Each	29
Nutrigrain Fruit & Grain Bar – Asst. Flavor	Each	30
Whole Grain Toaster Pastry	Each	38
Cereal Bar – Asst. Flavor	Each	30.19
Milk Choices	Serving	Carbs
1% White Milk – 8 oz.	Carton	16
Nonfat White Milk – 8 oz.	Carton	14
Nonfat Chocolate Milk – 8 oz.	Carton	21

Fruit & Veggie Choices	Serving	Carbs
Fresh Apple Slices	½ C	13.16
Fresh Orange Slices	½ C	15.39
Fresh Banana	Each	27
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
Rosati Frozen Cup	Each	25
Frozen Fruit Juice Cup	Each	19
Applesauce Cup	Each	14.64
Craisins	Pkg	28
Potato Tri Patty	Each	20
Fruit Chiller Fruit Smoothie	12 oz.	40.5
Fruit Chiller Fruit Smoothie	8 oz	30.38

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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