

CARBOHYDRATE LIST FOR HIGH SCHOOL BREAKFAST MENU

Data is based on most up-to-date available to CNS. Ingredients are subject to change based on supplier availability, delivery schedule, etc.

| <i>Breakfast Choices</i> | <i>Carbohydrates (g)</i> |
|---|---------------------------------|
| <i>Biscuit:</i> | |
| Chicken Biscuit | 33 |
| Egg Biscuit | 28 |
| Egg and Cheese Biscuit | 28.5 |
| Sausage Biscuit | 27 |
| <i>Plain Biscuit</i> | 24 |
| <i>Cereal:</i> | |
| Cocoa Puffs, Whole Grain/Reduced Sugar, Bowlpak | 20 |
| Cinnamon Toast Crunch, Whole Grain/Reduced Sugar, Bowlpak | 21 |
| Frosted Flakes, Whole Grain/Reduced Sugar, Bowlpak | 25 |
| Fruity Cheerios, Whole Grain/Reduced Sugar, Bowlpak | 21 |
| Fruit Loops, Whole Grain/Reduced Sugar, Bowlpak | 16 |
| Trix, Whole Grain, Reduced Sugar, Bowlpak | 18 |
| Cinnamon Toast Crunch, Bulk | 23 / oz |
| Honey Nut Cheerios, Bulk | 22 / oz |
| Lucky Charms, Bulk | 23 / oz |
| <i>Muffins:</i> | |
| Apple (3.6 oz) | 46 |
| Banana (3.6 oz) | 47 |
| Blueberry (3.6 oz) | 44 |
| Orange (3.6 oz) | 47 |
| <i>Other Breads and Grains:</i> | |
| Apple Roll, Whole Grain (2.5 oz) | 26 |
| Bagel, Plain | 38 |
| Cinnamon Bun | 34 |
| Coffee Cake, Cinnamon | 53 |
| French Toast, Cinnamon Glazed (3.25 oz slice) | 32 |
| Grits (1/2 cup) | 16 |
| Grits with Cheese (1/2 cup) | 16 |
| Pancake Sausage on a Stick | 24 |
| Sandwich Bread, Whole Wheat, Toast | 10 / slice |
| <i>Juice:</i> | |
| Apple (4 oz carton) | 14 |
| Grape (4 oz carton) | 18 |
| Orange (4 oz carton) | 13 |
| <i>Milk:</i> | |
| Skim (1/2 pint) | 13 |
| 1% Chocolate (1/2 pint) | 24 |
| 1% Strawberry (1/2 pint) | 32 |
| 1% White (1/2 pint) | 13 |
| Diary Ease, Lactose Free, Fat Free (1/2 pint) | 12 |
| <i>Yogurt:</i> | |
| Cherry-Vanilla (4 oz carton) | 17 |
| Peach (4 oz carton) | 22 |
| Strawberry-Banana (4 oz carton) | 44 |
| <i>Condiments:</i> | |
| Cream Cheese (pack) | 1 |
| Jelly (pack) | 7 |
| Syrup (pack) | 20 |

