

Breakfast Carb Counts 2017-2018

Entrée		MS/HS Entrée's		Fruit/Juice	
Bagel w/ Cream Cheese	30	Bagel Sandwich	40	Apple	21
Banana Choc Bar	48	Biscuit & Gravy	39	Apple Juice	12
Blueberry Lemon Bar	21	Cereal Bars	30	Apple Slices	7
Breakfast Burrito	25	Choc Oatmeal Bar	23	Banana	27
Breakfast Pizza	29	Cinn. Breakfast Square	35	Craisins	28
Breakfast Round	44	Crunch Mania	37	Orange	16
Breakfast Sandwich	19	Dbl Choc Oatmeal Bar	24	Orange Juice	14
Bug Bites	21	French Toast Sticks	54	Raisins	30
Cereal	24	Parfait	61		
Cheese Stick	1	Granola	20		
Cinn Breakfast Bar (ea)	35	PB&J Cracker	32		
Cinn Bun	38	PB&J Jamwich	34		
Cinn Toast Crisps (ea)	27	Sliders	21		
Dispicable Me Grahams	22	Super Donuts	23	Dairy	
Frudel	37	Super Stars	17	Chocolate Milk	24
Goldfish Crackers	14			White Milk	14
Granola Bar (ea)	30				
Gripz	6				
Hard Boiled Egg	0				
Maple Waffle	35				
Mini Blueberry Pancake	35				
Mini Straw Pancake	40				
Muffin (ea)	32				
Nutrigrain Bar (ea)	29				
Pancake Wrap	18				
Pop Tart Brown Sugar(ea)	37				
				Rev. 8/18/17	