

Breakfast Entrée Nutritionals

| | Portion Size | Cals | Mg Cholst | Mg Sodm | G Sugars | G Carb | G T-Fat | G S-Fat |
|--------------------------------|--------------|------|-----------|---------|----------|--------|---------|---------|
| Burrito, Bfst, Bean & Cheese | 1 Each | 523 | 29 | 762 | 2.40 | 67.71 | 15.05 | 6.1 |
| Bar, Granola, Breakfast | 1.5 x 3 bar | 200 | 25 | 137 | 11.78 | 29.73 | 9.13 | 4.32 |
| Bread, Apple | 1 Piece | 344 | 54 | 209 | 25.43 | 48.8 | 15.78 | 1.44 |
| Bread, Banana | 1 Piece | 367 | 54 | 209 | 27.28 | 55.19 | 15.85 | 1.47 |
| Bread, Blueberry | 1 Piece | 207 | 19 | 107 | 9.83 | 33.22 | 7.25 | 1.14 |
| Bread, Carrot-Pineapple, Bread | 1 Piece | 243 | 33 | 95 | 20.88 | 36.55 | 10.1 | 1.61 |
| Bread, Mex, Breakfast | 1 Each | 356 | 30 | 384 | 13.62 | 67 | 6.75 | 3.59 |
| Bread, Pear, Breakfast | 1 Piece | 259 | 33 | 97 | 15.11 | 36.51 | 9.19 | 1.40 |
| Bread, Persimmon, Breakfast | 1 Piece | 281 | 33 | 96 | 5.67 | 42.34 | 9.3 | 1.40 |
| Bread, Pumpkin | 1 Piece | 171 | 20 | 178 | 13.28 | 26.87 | 6.58 | 0.64 |
| Cereal, Oatmeal | 3/4 Cup | 70 | 3 | 38 | 5.31 | 11.49 | 1.29 | 0.52 |
| Eggs, Scrambled and Toast | 2 oz/1 Piece | 164 | 219 | 215 | 1.25 | 13.66 | 7.48 | 2.41 |
| Frittata, Breakfast | 1 Svg | 81 | 129 | 249 | 1.33 | 2.91 | 4.87 | 2.14 |
| Granola, Cinnamon-Raisin | 1/2 Cup | 252 | 8 | 50 | 12.59 | 38.77 | 11.63 | 6.18 |
| Knot, Cinnamon | 1 Each | 265 | 25 | 102 | 8.64 | 48.09 | 6.35 | 3.08 |
| Pancakes, Buttermilk | 1 Each | 258 | 60 | 230 | 3.91 | 37.18 | 6.86 | 3.60 |
| Parfait, Fruit & Yogurt | 1 Svg | 241 | 14 | 106 | 16.10 | 39.22 | 6.48 | 2.77 |
| Sandwich, Brkfst Ham & Cheese | 1 Each | 241 | 23 | 709 | 1.00 | 25.44 | 8.77 | 3.33 |
| Sandwich, Brkfst Sausage & Egg | 1 Each | 271 | 41 | 692 | 1.52 | 27.17 | 11.46 | 4.16 |
| Toast, French | 1 Slice | 147 | 146 | 230 | 5.19 | 15.43 | 5.09 | 1.62 |

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.