



BREAKFAST K-12 Allergen & Nutrition Report August 2023

Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol(mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Bagel w/ Cream Cheese	DAIRY, WHEAT	180	31	5	2	250	10	4	4	6
Banana Bread	DAIRY, EGG, SOY, WHEAT	360	47	17	3	350	45	23	2	5
Berry Apple Zee Zee Bar	SOY	250	41	8	2	80	0	14	3	4
Blueberry Muffin	DAIRY, EGG, SOY, WHEAT	240	33	10	2	70	35	9	2	5
Cheerios Cereal w/ Honey Grahams										
CerealCheerios-1ozCup		100	20	2	1	140	0	1	3	3
Cracker Graham Honey 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1
Cinnamon Bar	DAIRY, EGG, SOY, WHEAT	280	34	15	3	150	0	7	2	4
Cinnamon Chex Cereal w/ Honey Grahams										
CerealChexCinnamon-1ozCup		120	23	3	0	170	0	6	1	1
Cracker Graham Honey 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1
Cinnamon Crumble	DAIRY, EGG, SOY, WHEAT	310	48	12	1	290	20	21	2	5
Cinnamon Roll	DAIRY, EGG, SOY, WHEAT	270	42	10	2	320	25	16	3	5
Cranberry Oatmeal Round	SOY, WHEAT	320	53	10	4	95	0	22	4	5
Frosted Flakes Cereal w/ Honey Grahams										
CerealFrostedFlakes-1ozCup	SOY	100	24	0	0	160	0	2	24	7
Cracker Graham Honey 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1
Lemon Muffin	DAIRY, EGG, SOY, WHEAT	260	34	12	2	65	35	9	3	6
Mantecada Sweet Bread	DAIRY, EGG, SOY, WHEAT	270	33	13	2	65	40	8	3	6
Strawberry Yogurt Parfait w/ Honey Grahams										
YogurtParfait-Strawberries	DAIRY	143	31	1	1	0	0	0	2	1
Cracker Graham Honey 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1
Vanilla Concha	DAIRY, EGG, WHEAT	230	33	9	1	180	25	11	2	5
Vanilla Mini Loaf w/ String Cheese										
BreadMiniLoaf-Vanilla	DAIRY, EGG, SOY, WHEAT	180	22	9	1	150	20	9	1	2
Cheese String 1oz	DAIRY	80	0	6	4	200	15	0	0	7
Vanilla Muffin	DAIRY, EGG, SOY, WHEAT	270	33	13	2	65	40	8	3	6
Yogurt w/ Honey Grahams										
Cracker Graham Honey 1oz	SOY, WHEAT	90	17	2	0	90	0	5	1	1
Yogurt	DAIRY	70	14	0	0	60	5	10	0	4



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Hot Breakfast										
Cheese Tamale	DAIRY, SOY	221	19	14	6	317	15	1	2	5
English Muffin Egg & Cheese	WHEAT, DAIRY, EGG	256	25	12	5	466	133	1	3	11
French Toast Sticks	DAIRY, EGG, SOY, WHEAT	240	38	7	1	260	10	12	2	6
Pancakes	DAIRY, EGG, WHEAT	160	30	2	0	200	0	6	2	4
Waffle	DAIRY, EGG, SOY, WHEAT	310	35	17	5	250	20	12	2	5
Condiment										
Syrup		80	21	0	0	15	0	21	0	0
Fruit										
100% Fruit Juice 4 oz		60	15	0	0	5	0	14	0	0
Apple		33	9	0	0	0	0	7	1.5	0
Banana		89	23	0	0	1	0	16	3	1
Orange		47	12	0	0	0	0	9	2	1
Pear		58	15	0	0	1	0	8	3	0
Milk										
1% Low Fat White	DAIRY	102	12	2	2	107	12	12	0	8
Fat Free White Milk	DAIRY	80	11	0	0	110	5	11	0	8