

BREAKFAST K-12 Allergen & Nutrition Report October 2023

Meal Name	Allergens	Calories (kcal)	Carb (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Chol (mg)	Sugar (g)	Total Dietary Fiber (g)	Protein (g)
Cold Breakfast										
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
Halloween Concha (Orange-Colored)	DAIRY, EGG, SOY, WHEAT	230	30	10	3	130	25	7	2	5
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	180	35	1	1	3	0	17	2	6
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
Hot Breakfast										
Cheese Tamale	DAIRY, SOY	221	19	14	6	317	15	1	2	5
Egg & Cheese English Muffin Sandwich	WHEAT, DAIRY, EGG	256	25	12	5	466	133	1	3	11

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French Toast Sticks w/ Syrup										
FrenchToastSticks-2pc	DAIRY, EGG, SOY, WHEAT	240	38	7	1	260	10	12	2	6
Syrup 1oz		80	21	0	0	15	0	21	0	0
Pancakes & Syrup										
Pancakes-2pc	DAIRY, EGG, WHEAT	160	30	2	0	200	0	6	2	4
Syrup 1oz		80	21	0	0	15	0	21	0	0
Waffle w/ Syrup										
Waffle	DAIRY, EGG, SOY, WHEAT	310	35	17	5	250	20	12	2	5
Syrup 1oz		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 (1/2 C)		52	14	0	0	1	0	7	2	0
Banana (1/2 C)		89	23	0	0	1	0	16	3	1
Orange (1/2 C)		47	12	0	0	0	0	9	2	1
Pear (1/2 C)		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	83	12	0	0	102	5	11	0	8