

Breakfast Carbohydrate Counts 2016-2017

Entrée Choice	Carb Ct. g.	Fat	Protein	WG Eq.
Mini Pancakes	35	6	4	2
Mini Waffles	35	5	4	2
Mini French Toast	37	7	3	2
French Toast Sticks	35	12	6	2
Bagel	24	1	5	2
Dutch Waffle	43	13	4	2
Egg & Cheese Biscuit Sandwich, individually wrap	19	7	6	2
Chicken Biscuit Sandwich, individually wrap	28	4	7	2
Cheese & Sausage Biscuit Sandwich, BHS	29	13	17	2
Cheese & Sausage English Muffin Sandwich, BHS	25	10	16	2
Cheese & Sausage Bagel Sandwich BHS	26	9	18	2
Pancakes 'N Sausage Stick	19	6	8	2
Choc Chip Waffle	43	7	5	2
Breakfast Pizza	26	7	9	2
Cinnamon Danish Twist	24	6	3	2
Frudel, Cherry	37	6	5	2
Frudel, Apple	36	6	5	2
Oatmeal Bar, Choc Chip	23	5	2	1
Oatmeal Bar, Double Choc	24	5	2	1
Bread, Banana	44	10	5	2
Bread, Zucchini	43	10	5	2
Bread, Pumpkin	43	10	6	2
Bread, Chocolate	44	8	7	2
Benefit Brownie Bar	24	6.5	9	1
Cereal Bar, Cin Toast Crunch	30	3	3	1
Cereal Bar, Cocoa Puffs	30	3	3	1
Cereal Bar, Golden Grahams	30	3	2	1
Cereal Bar, Team Cheerios	30	3	2	1
Cereal Bar, Nutri-Grain - Strawberry	29	4	2	1
Cereal Bar, Nutri-Grain - Apple	30	4	2	1
Zee Zee's Nutrition Bar	37	5	3	1
Pop Tarts, Cin, Double Pack	75	5	5	2
Pop Tarts, Strawb, Double Pack	75	4.5	4	2
Pop Tarts, Br. Sugar Cin, Single Pack	37	2.5	2	1
Pop Tart, Fudge, Single Pack	38	3	3	1
Pop Tart, Strawb, Single Pack	38	2.5	2	1
Donut, Goody Ring Donut	29	11	5	2
Donut, Chocolate Ring	22	4.5	4	1
Donut, Mini Choc Donuts	39	13	5	2
Donut, Mini Powder Sugar Donuts	42	10	5	2
Muffin Loaf, Blueberry	29	6	3	1
Muffin Loaf, Choc Chip	29	7	3	1

Muffin Loaf, Dreamy Orange	28	7	3	1
Muffin Loaf, Apple Cinnamon	30	7	3	1
Muffin Loaf, Banana	30	6	3	1
Cereal, Cin Toast Crunch	22	3	1	1
Cereal, Cocoa Puffs	25	1.5	2	1
Cereal, Trix	24	1	1	1
Cereal, Frosted Flakes	24	0	2	1
Cereal, Reese's Puffs	21	3	2	1
Cereal, Disney Frozen Characters	24	1	2	1
Cereal, Golden Grahams	24	1	1	1
Cereal, Cheerios	20	2	3	1
Cereal, Mini Little Choc Bites	23	1	3	1
Yogurt, Trix, all flavors	20	0.5	3	1
Granola Topping	20	3.5	3	1
Fruit Choices				
Fruit, Apple Slices	13.81	0.17	0.26	
Fruit, Orange Slices	13.31	0	1.07	
Fruit, Orange	19	0	1	
Fruit, Apple, Red Delicious, 138	34	0	1	
Fruit, Banana	30	0	1	
Fruit, Craisins	28	0	0	
Fruit, Pear	28	0	1	
Juice, Apple	13	0	0	
Juice, Orange	13	0	0	
Juice, Fruit Punch	14	0	0	
Juice, Grape	19	0	0	
Milk, Fat Free	12	8	0	
Milk, 1% fat, unflavored	12	8	2.5	
Milk, Fat-Free, Chocolate	24	8	0	
Milk, Fat-Free, Strawberry	24	8	0	
Milk, Fat-Free, Vanilla	24	8	0	
Condiments				
Cream Cheese Cup	2	9	2	
Syrup, Pancake	31	0	0	
Jelly Packet, 1 pk	9	0	0	