

## Breakfast Entrees Nutrient Info

Food Item	Serving Size	Carbohydrate Grams
Bagel, Cinnamon Raisin	1 bagel	27.00
Bagel, Plain whole grain	1 bagel	34.97
Bagel, WH, Honey	1 bagel	25.00
Bagelful Strawberry	1 each	32.00
Bagelful, Cinnamon	1 each	30.00
Bagelful, Original	1 each	29.00
Biscuit Sandwich, Chicken Sausage IW	1 each	29.00
Biscuit Sandwich, Egg & Cheese	1 each	14.02
Biscuit Sandwich, Egg & Cheese IW	1 each	21.20
Biscuit Sandwich, Sausage, Egg & Cheese	1 each	14.02
Biscuit WG, Peach Cobbler IW	1 each	31.00
Bosco's Breadstick Cheese & Turkey Ham IW	1 each	20.00
Bosco's Breadstick Egg & Cheese, Maple Cheddar	1 each	17.00
Breakfast Burrito Homemade	1 burrito	35.00
Breakfast Burrito IW Egg & Cheese	1 burrito	28.61
Cereal, Alpha-Bits	1 package	21.00
Cereal, Honey Scooters	1 package	22.00
Cereal, Honey Toasted Oats	1 package	22.00
Cereal, Shredded Wheat	1 package	23.00
Cheese Stick	1 each	0.00
Cinni Mini	1 package	39.00
Cream Cheese, Plain	1 oz	1.00
Cream Cheese, Strawberry	1 oz	5.40
Croissant, Ham & Cheese IW	1 each	17.00
Crunch Bar, Lemon	1 each	40.86
Egg& Cheese Sandwich	1 each	21.00
English Muffin, Egg & Cheese IW	1 each	26.00
English Muffin, Ham & Cheese IW	1 each	27.41
French Toast, IW	1 package	34.62
Frudel (apple and cherry)	1 each	36.00
Gluten Free Bagel, Plain IW	1 bagel	46.00
Gluten Free Muffin, Blueberry	1 muffin	36.00
Granola, Homemade	1/4 cup	24.50
Mini Loaf, Lemon Ice	1 loaf	28.00
Mini Loaf, Red Hot Cinnamon	1 loaf	28.00
Mini Loaf, Very Berry	1 loaf	28.00
Muffin Square, Applesauce (APS Bakery)	1 each	31.40
Muffin Square, Banana (APS Bakery)	1 each	38.46
Muffin Square, Blueberry (APS Bakery)	1 slice	30.51
Muffin Square, Cherry (APS Bakery)	1 each	30.61
Muffin Square, Cranberry Orange (APS Bakery)	1 slice	52.59
Muffin Square, Peach (APS Bakery)	1 slice	24.60

Food Item	Serving Size	Carbohydrate Grams
Muffin Square, Pineapple (APS Bakery)	1 Serving	27.90
Muffin, Applesauce (APS Bakery)	1 each	27.57
Muffin, Banana (APS Bakery)	1 each	39.60
Muffin, Blueberry (APS Bakery)	1 muffin	34.69
Muffin, Cherry (APS Bakery)	1 each	32.50
Muffin, Cranberry Orange (APS Bakery)	1 muffin	48.67
Muffin, Peach (APS Bakery)	1 muffin	33.49
Muffin, Pineapple (APS Bakery)	1 muffin	30.92
Muffin, Pumpkin (APS Bakery)	1 each	78.30
Pancake on a stick	1each	17.00
Pancake, IW	1 package	40.03
Pancake, Sausage Sandwich IW	1 each	17.00
Pita, Egg & Cheese	1 each	13.16
Pizza, Breakfast	1 each	31.01
Sausage Sandwich on Hawaiian Bun	1 each	26.30
Toast, Bacon, Egg & Cheese	1 each	18.00
UBR's Cinnamon	1 Serving	43.00
Yogurt, Cherry Vanilla	1 yogurt	22.07
Yogurt, Peach	1 yogurt	23.08
Yogurt, Strawberry	1 yogurt	21.07