

## School year 2016-2017 National School Breakfast Product Carbohydrate Counts

|   |    |
|---|----|
| English Muffin with egg patty, cheese, and Canadian Bacon | 28 |
| Pancake on a Stick  | 22 |
| Blueberry Muffin, large                                   | 32 |
| Yogurt Parfait  | 22 |
| Cinnamon Toast  | 13 |
| Mini Waffles  | 38 |
| Chicken Sliders   | 27 |
| Breakfast Pizza   | 34 |
| Fruit Strudel   | 28 |
| MVP donut   | 31 |
| Breakfast Bites   | 24 |
| Sausage Biscuit   | 23 |
| Chocolate Chip Muffin                                     | 32 |
| Cheese Toast  | 15 |
| Cinnamon Roll   | 30 |
| Waffle Dunker   | 29 |
| Zucchini Bread Slice                                      | 22 |

### **Milk:**

|                                      |    |
|--------------------------------------|----|
| United Dairy Skim white milk, 8 oz   | 13 |
| United Dairy 1% white milk, 8 oz     | 13 |
| United Dairy Non Fat Chocolate, 8 oz | 24 |

### **Juice:**

|                    |    |
|--------------------|----|
| Apple juice, 4 oz  | 14 |
| Grape Juice, 4 oz  | 18 |
| Orange Juice, 4 oz | 13 |

### Misc/Condiments:

|                      |    |
|----------------------|----|
| Syrup, 1oz           | 20 |
| Grape Jelly          | 9  |
| Ketchup, 9 grams     | 1  |
| County Gravy, 2 Tbsp | 5  |

### Cereal: Bowl Pack

|                           |    |
|---------------------------|----|
| Sugar Frosted Flakes      | 25 |
| Kix                       | 15 |
| Golden Grahams            | 24 |
| Cheerio's                 | 18 |
| Honey Nut Cheerio's       | 22 |
| Frosted Mini wheat's      | 23 |
| Wheaties                  | 19 |
| Rice Crunchins            | 16 |
| Cinnamon Toast Crunch     | 22 |
| Reduced sugar Trix        | 18 |
| Reduced sugar fruit Loops | 16 |
| Reduced sugar Apple Jacks | 17 |

### Frequently used products:

|                      |    |
|----------------------|----|
| Strawberry cup, USDA | 22 |
| Peach Cup, USDA      | 29 |
| Fresh apple          | 22 |
| Fresh grapes, green  | 16 |
| Fresh orange, whole  | 15 |
| Fresh Banana         | 12 |