

Product Information/Carbohydrate Counts for Breakfast Items used in NSBP

Revised January 2018

ITEM	Grams CHO	ITEM	Grams CHO
MILK		FRUIT (continued)	
United Dairy, White, Skim, 8 oz	13	Peaches, diced, 1/2 c, USDA	14
United Dairy, White, 1%, 8 oz	13	Pears, diced, 1/2 c, USDA	16
United Dairy, Non-fat, Choc, 8 oz	24	Pears, sliced, 1/2 c, USDA	15
United Dairy, Non-fat, Straw, 8 oz	23	Pears, halves, 1/2 c, USDA	15
		Apple slices, 1/2 c, USDA	12
JUICE		Bueberries, froz, 1/2 c, Monarch	12
Suncup, Apple, 4 oz	13	Blueberries, froz, 1/2 c, USDA	10
Suncup, Grape, 4 oz	19	Strawberries, whole, froz, USDA, 1/2 c.	10
Suncup, Orange, 4 oz	13	Strawberries, sld, froz, 1/2 c, Monarch	30
USDA, Orange, 4 oz	14	Strawberries, sld, froz, 1/2 c, USDA	23
Capri Sun, 6 oz, Fruit Punch & Berry	21	Peaches, sld, froz, 1/2 c, USDA	16
Capri Sun, 6 oz, Apple	20	Fresh Watermelon, 1/2 c.	9
		Fresh Apple, Red & Yellow, 138 ct size	34
YOGURT		Fresh Grapes, Red, 1/2 c	18
Trix Yoplait Yogurt, Cherry	20	Fresh Orange, 113 ct size, 1/2 c.	15
Trix Yoplait Yogurt, Straw/Banana	20	Fresh Banana, Petite, 150 ct size	30
Trix Yoplait Yogurt, Raspberry	20	Fresh Kiwi, 36 ct size, 1/2 c.	16
Yoplait Bulk, Van & Straw, 4 oz serv	20	Fresh Cantaloupe, 1/2 c.	12
		Fresh Fruit Salad, 5-way, 1/2 c.	16
FRUIT		Fresh Honey Dew, 1/2c.	12
Strawberry cup, Froz, 4 oz, USDA	22	Fresh Pears, 135 ct size	17
Peach cup, Froz, 4 oz, USDA	19	Fruit Mix, dried, 1/4 c, USDA	27
Applesauce cup, 4 oz, Monarch	12	Raisins, dried, 1.33 oz, USDA	30
Applesauce cup, 4 oz, USDA	14		
Fruit cup, Fruit Mix, 4 oz, Monarch	13	CEREAL (bowlpack)	
Fruit cup, Man Oranges, 4 oz, Monarch	13	Frosted Flakes, Kelloggs	24
Fruit cup, Trop Fruit Salad, 4 oz Monarch	19	Corn Flakes, Frosted, GM	24
Fruit cup, Peaches, 4 oz, Monarch	13	Golden Grahams, GM	24
Fruit cup, Pears, 4 oz, Monarch	13	Cheerios, GM	14
Fruit cup, Pineapple, 4 oz, Monarch	20	Honey Nut Cheerios, GM	22
Mandarin Oranges, 1/2 c, Monarch	19	Frosted Mini Wheats, Kelloggs	24
Pineapple, tidbits, 1/2 c, Harvest Value	18	Cinnamon Chex, GM	22
Apples, sliced, 1/2 c.	17	Rice Krispies, Kelloggs	23
Fruit Mix, diced, 1/2 c, Monarch	17	Cinnamon Toast Crunch, GM	22
Pears, sliced, 1/2 c, Monarch	14	Trix, GM	24
Cherry, marchino, 1/2 oz serv.	6	Fruit Loops, Kelloggs	24
Peaches, sliced, 1/2 c, Monarch	14	Cocoa Puffs, GM	25
Pineapple, chunk, 1/2 c, Monarch	18	Apple Jacks, Kelloggs	24
Applesauce, 1/2 c, USDA	14		
Mixed fruit, 1/2 c, USDA	15		
Peaches, sliced, 1/2 c, USDA	14		

***This list is to be used as a guideline. Information is taken from product information sheets, ingredients and weights of individual packages are subject to change without notice from manufacturer.**

