

ASD - Breakfast Menu Items

Recipe Description	Portion Size	Cals	Carb (g)	T-Fat (g)	S-Fat (g)	Protn (g)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)
Apple, Fresh 163 ct	1 each	59	15.66	0.19	0.03	0.29	0	1	2.72	0.14	6.8	61	5.22
Applesauce	1/4 cup	26	6.89	0.03	0	0.1	0	1	0.73	0.07	1.8	18	12.93
Bagel, cinnamon raisin (2 oz)	1 bagel	135	29	0.23	0	4.5	0	174	1	1.44	10	0	0
Bagel, whole wheat	1 bagel	135	29	0.23	0	4.5	0	174	1	1.44	10	0	0
Bagelful - apple	Bar	180	35	2.5	1	6	5	150	4	1.08	100	0	0
Banana, fresh	1/2 Each	36	9.25	0.13	0.04	0.44	0	0	1.05	0.11	2	26	3.52
Bar, Granola (NV oats & honey)	2 bars	180	29	6	0.5	4	0	160	2	1.08	0	0	0
Bar, Power Alley Choc Chip	1 bar	190	36	4.5	2	3	0	55	2	1.44	200	0	0
Breakfast pizza	1 pizza	220	27	8	2	10	15	480	3	1.8	150	300	0
Breakfast Sandwich (egg & chs)	1 Each	348	31.43	18.85	6.49	19.38	313	591	4	2.86	215	546	0
Burrito, breakfast	1 burrito	260	27	13	2.45	9	75	470	1	1.8	65	247	7
Cantaloupe Wedges	1/4 cup	9	2.24	0.05	0.01	0.23	0	4	0.25	0.06	2.5	930	10.09
Cereal, Cheerios	1 bowlpak	70	14	1	0	2	0	130	2	5.4	60	300	3.6
Cereal, Cheerios (fruity)	1 bowlpak	90	20	1	0	1	0	120	1	3.6	80	400	12
Cereal, Cheerios (honey nut)	1 bowlpak	110	22	1.5	0	2	0	160	2	4.5	100	500	6
Cereal, Cinnamon Toast Crunch	1 bowlpak	133	24.36	3.32	0.55	1.11	0	221	1.11	3.99	88.6	443	5.31
Cereal, Rice Chex	1 bowlpak	70	16	0	0	1	0	170	0	5.4	60	300	3.6
Cheese, string	1 oz	80	0	5	3	7	15	190	0	0	200	200	0
Cherries, dried	1/8 cup	68	16	0	0	0.5	0	1	0.5	0.25	9	1190	0
Craisins	2 Tbsp	100	23.33	0	0	0	0	0	1.11	0	0	0	0
Egg, hard cooked	1 EACH	80	0.5	5.5	1.75	6.5	210	70	0	0.55	20	250	0
Eggs, scrambled	2 oz	85	0.57	5.67	1.7	7.37	238	79	0	1.02	34	283	0
Graham Crackers	1 pkg	90	16	2.5	0	2	0	95	2	0.72	0	0	0
Grapes, fresh	1/4 cup	45	12	0.5	0	0.5	0	0	0.5	0.18	10	50	7.5
Grapes, fresh	1/4 cup	45	12	0.5	0	0.5	0	0	0.5	0.18	10	50	7.5
Hot pocket, bkfs (tky,egg&chs)	1 each	130	15	5	2	7	55	220	1	1.08	80	100	0
Juice, apple	4 fl oz	60	14	0	0	0	0	10	0	0	0	0	60
Juice, grape	4 oz.	80	20	0	0	0	0	10	0	0	0	0	60
Juice, orange	4 oz	50	13	0	0	0	0	0	0	0	150	0	18
Kiwi	1/2 EACH	23	5.57	0.2	0.01	0.43	0	1	1.14	0.12	12.9	33	35.23
Mixed Fruit	1/4 Cup	0	0	0	0	0	0	0	0	0	0	0	0
Orange Wedges	1/4 cup	21	5.29	0.05	0	0.42	0	0	1.08	0.04	18	101	23.94
Pancake on a Stick (elem)	1 Each	180	18	8	2.5	8	20	450	0	1.8	20	0	0
Peaches, Canned, LS	1/4 cup	35	8.5	0	0	0	0	5	0.25	0	0	150	0.6
Pears, Canned, LS	1/4 CUP	36	9.52	0.02	0	0.12	0	3	1	0.18	3.1	0	0.44
Pears, fresh	1/2 EACH	48	12.83	0.1	0	0.32	0	1	2.57	0.14	7.5	19	3.49
Pineapple chunks	1/4 CUP	32	7.65	0	0	0.45	0	5	0.45	0.32	9	45	4.05

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Pineapple, fresh	1/4 cup	19	4.89	0.05	0	0.21	0	0	0.54	0.11	5	22	14.03
Raisins	1 BOX	129	34	0.2	0	0	0	5	1.6	0.81	0	0	0
Seeds, sunflower (honey rst)	1 package	160	8	12	1.5	6	0	85	1.5	10	0	0	0
Uncrustable (PB&J)	Serving	310	34	15	3.5	11	0	350	3	1.44	40	0	0
Watermelon, chunks	1/4 cup	11	2.87	0.06	0	0.23	0	0	0.15	0.09	2.7	216	3.08
Yogurt (4 oz)	4 oz	120	20.5	2	1.25	4.5	8	70	0	0	150	150	1.2