

## Breakfast 2019-2020

### Carbohydrate List

Entrée	CHO		Grains	CHO		Juice/Fruit	CHO
Beef Biscuit	33		Banana Bread	44		Applesauce	14
Cheesy Scrambled Eggs	0.5		Biscuit	24		Banana	30
Breakfast Cheese Bagel	30		Croissant, Tosated	27		Fruit Cocktail	24
Breakfast Bagel Turkey Sausage	24		Granola Oats & Honey (1	26		Juice, Apple	14
Breakfast Pizza	26		Grits	15		Juice, Fruit Punch	15
Canadian Ham Biscuit	26		Mini-Loaf Banana	26		Juice, Grape	20
Cheese Omelet	1		Muffin Blueberry	24		Juice, Orange Tangerine	12
Cheese Biscuit	26		Muffin Top - Banana	28		Mandarin Orange	21
Cheese Toast	13		Muffin Top - Blueberry	26		Orange, Fresh	13
Chicken & Waffle	31		Muffin, Rustic Blue berry	27		Peach, Fresh	12
Chicken Biscuit	30		Oatmeal	8		Watermelon (1/2C)	5
Grilled Cheese Breakfast	26		Oatmeal, Cinnamon	8		Apple, Fresh	17
French Toast Stick/Syrup	40		Toast (1)	12			
Pancakes N Link	37						
French Toast (2) & Sausage Links	27						
Spicy Chicken Biscuit	38						
Spinach & Cheee Omelet	1		<b>Cereals</b>	<b>CHO</b>			
Scrambled Eggs	0		Apple Cinnamon Cheerios			<b>Milk</b>	<b>CHO</b>
Turkey Sausage Biscuit	24.5		Cinnamon Chex			Chocolate	19
Cinnamon Rolls, Baked	43		Frosted Flakes			Vanilla	19
Yogurt, Strawberry	18		Fruit Loops			Strawberry	18
Parfait, Peaches N Cream	52		Grits, WG			1%	12
Bacon , Turkey	0.5		Honey Nut Cheerios			Skim	12
Overnight Oats	57		Mini Wheats				
Avocado Toast	36		Oatmeal				
Breakfast Flatbread	34						
Cinnamon Toast Crunch Pastry	40						
Omelet, Spinach & Cheese	1.25		<b>MISC</b>	<b>CHO</b>			
Parfait, Paradise	43		Bacon , Turkey	0.5			
Morning Pastry to Go (Strawberry	76		Cheese Cubes	0			
Morning Pastry to Go (Blueberry F	75		Jelly	9			
Cheesy Scrambled Eggs	0.5		Sausage	0.5			
Parfait, Island	64.5		Sausage Link (2)	0.5			

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Parfait, Peaches & Cream	52		Syrup (1)	21			
Yogurt, Strawberry	18						