

Carbohydrate Count
SY 22-23

BREAKFAST ITEMS (Serving Size)	CHO (g)
APPLE CRISP PARFAIT - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	46
AVOCADO TOAST - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	35.81
BEEF BISCUIT - (1 sandwich) Contains Egg, Gluten, Soy, Wheat.	33
BISCUIT - (1 ea.) Contains Egg, Gluten, Soy, Wheat.	24
BLUEBERRY BAGEL - (1 ea.) Contains Gluten, Wheat.	32
BLUEBERRY MUFFIN - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	24
BLUEBERRY MUFFIN PAN BREAD - (1 ea.) Contains Egg, Gluten, Milk, Wheat.	30.44
BLUEBERRY MUFFIN RUSTIC DROP - (1 ea.) Contains Egg, Gluten, Milk, Wheat.	27.4
BREAKFAST CHICKEN PATTY - (1 ea.) Contains Gluten, Soy, Wheat.	3
BREAKFAST FLAT BREAD HS MS - (1 ea.) Contains Dairy, Egg, Gluten, Milk, Wheat.	34.48
BREAKFAST GRILLED CHEESE - (1 sandwich) Contains Gluten, Milk, Soy, Wheat.	26
CANADIAN HAM & BISCUIT - (1 sandwich) Contains Egg, Gluten, Soy, Wheat.	25.20
CEREAL APPLE CINNAMON CHEERIOS - (1 bowl) May contain Wheat.	22
CEREAL BAR, TRIX (1 ea.) Contains Wheat, Gluten	29
CHEESE BISCUIT - (1 sandwich) Contains Egg, Gluten, Milk, Soy, Wheat.	26
CHEESE OMELET - (1 ea.) Contains Egg, Milk.	1
CHEESE TOAST - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	13
CHEESY SCRAMBLED EGGS - (1 SVG) Contains Egg, Milk.	0.20
CHICKEN & WAFFLES - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	49.33
CHICKEN BISCUIT - (1 sandwich) Contains Egg, Gluten, Soy, Wheat.	36
CINNAMON CHEX BOWL - (2 OZ Container)	44
CINNAMON CHEX CEREAL - (1 OZ bowl)	22

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CINNAMON OATMEAL - (1/2 c.) Contains Dairy, Milk. Processed in a facility that also processes Gluten, Wheat.	8.19
CINNAMON ROLL (INDIV WRAPPED) 1287 - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	41
CINNAMON ROLLS, BAKED & ICED - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	42.08
CINNAMON TOAST CRUNCH (1 oz) - (1 ea.) Contains Gluten, Soy, Wheat.	22
CINNAMON TOAST CRUNCH CUP (2 oz) - (1 Container) Contains Gluten, Soy, Wheat.	44
CINNAMON TOAST CRUNCH PASTRY - (1 pkg.) Contains Egg, Gluten, Milk, Wheat.	41
CINNAMON TOAST CRUNCH POUCH - (1 ea.) Contains Gluten, Soy, Wheat.	22
CREAM CHEESE - TR1825 (1 ea.) Contains Milk.	1.00
CROISSANT, WHOLE GRAIN - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	26.16
EGG, BACON AND CHEESE PANINI - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	20.00
EGG BITE, TURKEY SAUSAGE -(1 ea) Contains Milk, Egg	3
ENGLISH MUFFIN - (1 ea.) Contains Wheat.	24.00
FRENCH TOAST & SAUSAGE LINKS including 1 syrup - (1 serving) Contains Gluten, Milk, Soy, Wheat.	49.32
FRENCH TOAST & SAUSAGE LINKS without syrup - (1 serving) Contains Gluten, Milk, Soy, Wheat.	29.32
FRENCH TOAST STICKS (without syrup) - (1 serving) Contains Gluten, Milk, Soy, Wheat.	58.64
FRENCH TOAST STICKS (including 1 syrup pkg) - (1 serving) Contains Gluten, Milk, Soy, Wheat.	78.64
FROSTED FLAKES CEREAL - (1 bowl) Contains Gluten, Soy, Wheat.	24.00
FROSTED MINI WHEATS CEREAL - (1 bowl) Contains Gluten, Wheat.	24.00
FRUIT LOOPS CEREAL - (1 bowl) Contains Gluten, Soy, Wheat.	24
FRUITY CHEERIOS GENERAL MILLS - (1 bowl)	22.86
GRANOLA - (1 pkg.) Contains Gluten, Wheat.	26.00
GRITS - (1/2 c.) Contains Dairy, Milk.	14.77

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ISLAND PARFAIT - (1 ea.) Contains Gluten, Milk, Wheat.	64.46
JAM & JELLY ASST #1 PKT 200-.5Z PPI - TR1352 (1 ea.)	9.00
LOAF MINI BANANA - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	26.00
LUCKY CHARMS - (2 OZ Container) Contains Pork.	46.00
LUCKY CHARMS SMALL (1 OZ) - (1 Carton) Contains Pork.	23.00
MINI FRENCH TOAST - (1 pkg.) Contains Egg, Gluten, Milk, Wheat.	37.00
MORNING PASTRY TO GO -BLUEBERRY - TR1577 (1 pkg.) Contains Gluten, Soy, Wheat.	76.00
MORNING PASTRY TO GO -STRAWBERRY - TR1576 (1 pkg.) Contains Gluten, Soy, Wheat.	75.00
MUFFIN CHOCOLATE - TR1798 (1 ea.) Contains Egg, Gluten, Soy, Wheat.	25.00
MUFFIN TOP BANANA - TR1200 (1 ea.) Contains Egg, Gluten, Wheat.	28.00
MUFFIN TOP BLUEBERRY - TR1201 (1 ea.) Contains Egg, Gluten, Wheat.	26.00
MUFFIN, APPLE, IND WRAP, 72/1.8 OZ, NEUMANS 24418 - TR1718 (1 ea.) Contains Egg, Gluten, Milk, Wheat.	23.00
NUTRIGRAIN APPLE CINNAMON BAR - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	30.00
NUTRIGRAIN STRAWBERRY BAR - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	30.00
PANCAKE N' LINK - (1 ea.) Contains Egg, Gluten, Soy, Wheat.	37.00
PARADISE PARFAIT - (1 ea.) Contains Milk, Soy.	42.33
PEACH CRISP OVERNIGHT OATS - (1 Container) Contains Milk, Soy. Processed in a facility that also processes Gluten, Wheat.	56.80
PIZZA BREAKFAST TURKEY SAUSAGE - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	24.31
POP-TART BLUEBERRY (BREAKFAST ENTREE ONLY) - (1 pkg/2 Tarts.) Contains Gluten, Soy, Wheat.	76.00
POP-TART STRAWBERRY (BREAKFAST ENTREE ONLY) - TR1567 (1 pkg./2 tarts) Contains Gluten, Soy, Wheat.	75.00
RASPBERRY YOGURT - (1 ea.) Contains Milk.	15
SAUSAGE, BREAKFAST LINK - (2 ea.)	0.00

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SCRAMBLED EGGS. - (1 #16 scoop) Contains Egg.	0.00
SPICY CHICKEN BISCUIT - (1 ea.) Contains Egg, Gluten, Soy, Wheat.	38.00
SPINACH & CHEESE OMELET - (1 ea.) Contains Egg, Milk.	1.25
STRAWBERRY YOGURT - (1 ea.) Contains Milk.	18.00
TOAST WITHOUT JELLY - (1 sv) Contains Gluten, Milk, Soy, Wheat.	12
TOAST WITH JELLY - (1 sv) Contains Gluten, Milk, Soy, Wheat.	21.00
TOASTED CROISSANT - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	35.16
TURKEY SAUSAGE - (1 PATTY)	0.50
TURKEY SAUSAGE BISCUIT - (1 sandwich) Contains Egg, Gluten, Soy, Wheat.	33.50
TURKEY SAUSAGE BREAKFAST BAGEL - (1 ea.) Contains Gluten, Milk, Soy, Wheat.	24.31
WAFFLES - (2 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	45.00
WAFFLES MINI - (1 ea.) Contains Egg, Gluten, Milk, Soy, Wheat.	14.98
WAFFLES STIX ES - (1 svg.) Contains Egg, Gluten, Milk, Soy, Wheat.	58.00
YOGURT PEACHES N CREAMPARFAIT - (1 ea.) Contains Milk, Soy.	52.22
YOGURT APPLE CRISP PARFAIT (1 svg) Contains Milk, Wheat	46.25
YOGURT PARADISE (1 svg) Contains Milk, Soy	42.33
YOGURT ISLAND (1 svg) Contains Milk, and Wheat	64.46