Greenview Upper Breakfast Nov 2024

Nutritional Information

Name	Serving	Calories	Carbs	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium	Dietary Fiber	Sugar	Vitamin A	Vitamin C	Calcium	Iron	Wheat	Egg	Soy	Peanut	Milk	Fish	Trans	Treenut	Shellfish	Sesame
1% Unflavored Milk	8 oz	110	11 g	8 g	2.5 g	1.5 g	10 mg	130 mg	0 g	11 g	500	2.4	300 mg	0 mg					X					
100% Apple Juice	4 fl. oz	50	13 g	0 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	15	0 mg	0 mg										
100% Fruit Punch Juice	4 fl oz	60	14g	0g	0g	0g	0mg	15mg	0g	14g	0	20	0mg	0mg										
100% Grape Juice	1/2 cup	80	19 g	0 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	54	0 mg	0 mg										
100% Orange Juice	4 fl. oz	60	14 g	1 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	36	10 mg	0 mg										
Apple	1 each	72	19 g	0 g	0.23 g	0.04 g	0 mg	1 mg	3 g	n/a	75	6.35	8 mg	0.17 mg										
Apple Frudel	1 each	210	36 g	5 g	6 g	1.5 g	0 mg	280 mg	2 g	n/a	55	0	0 mg	1.08 mg	X		X		X					
Applesauce	1 cup	121	30	0	0	0	0	10	2	24	0	0	0	0										
Applesauce	1/2 cup	61	15	0	0	0	0	5	1	12	0	0	0	0										
Banana	each	105	26.951	1.286	0.389	0.132	0	1.18	3.068	14.431	75.52	10.266	5.9	0.307										
Banana Muffin	1 each	237	28 g	5 g	4.04 g	1.45 g	38 mg	298 mg	2 g	n/a	185	9	51 mg	1.05 mg	X	X	X		X					
Blueberry Muffin	each	220	27	4	11	2.5	50	220	2	15	0	0	40	0.9	X	X	X		X					
Cheese Stick	each	80	1	7	6	3.5	20	200	0	0	0	0	150	0					X					
Choice of Cereal	1 serving	83	18 g	1 g	0.2 g	0 g	0 mg	138 mg	1 g	n/a	485	7.02	32 mg	4.5 mg	X									
Cinnamon Crisps	bag	150	25 g	3 g	5 g	0.5 g	0 mg	140 mg	2 g	9 g	0	0	0 mg	0.72 mg	X		X		X					
Cinnamon Roll	1 roll	270	43 g	7 g	8 g	3 g	15 mg	330 mg	4 g	n/a	100	1.2	60 mg	1.81 mg	X	X	X		X					
Cinnamon Toast Crunch	1 bowl	110	22 g	1 g	3 g	0.5 g	0 mg	160 mg	2 g	6 g	400	4.8	80 mg	3.6 mg	X		X							
Cocoa Puffs	1 bowl	90	20 g	1 g	1 g	0 g	0 mg	130 mg	1 g	n/a	400	4.8	80 mg	3.6 mg	X									
Cocoa Puffs Cereal Bar	1 bar	150	30 g	3 g	3 g	0 g	0 mg	100 mg	3 g	n/a	100	1.2	200 mg	1.8 mg	X		X							
Diced Peaches	1/2 cup	50	12	1	0	0	0	5	1	10	300	1.2	0	0										
Diced Pears	1/2 cup	72	19.04	0.24	0.04	0	0	6	2	0	0	0.9	6	0.35										
Fat Free Chocolate Milk	8 oz	120	20 g	8 g	0 g	0 g	5 mg	200 mg	0 g	n/a	500	1.2	300 mg	0.36 mg					X					
Fresh Mixed Fruit	1/2 cup	45	11 g	0 g	0.11 g	0.02 g	0 mg	5 mg	2 g	n/a	649	16.1	12 mg	0.12 mg										
Fun with D&J Crackers	1 package	130	22g	2g	3.5g	1g	0mg	115mg	1g	8g	0	0	4mg	0.7mg	X	X			X					
Lemon Poppyseed Snack Bread	each	470	61	8	23	4.5	65.00	360	3	32	n/a	n/a	100	2.2	X	X			X					
Mini French Toast	1 pouch	190	34 g	3 g	5 g	1 g	5 mg	370 mg	2 g	0	0	0	40 mg	1.08 mg	X	X	X		X					
Mini Pancakes	1 pouch	220	37 g	4 g	6 g	0.5 g	0 mg	270 mg	2 g	11 g	0	0	40 mg	0.72 mg	X	X	X		X					
Mini-Cinnis	1 package	240	39 g	5 g	7 g	1.5 g	0 mg	270 mg	2 g	n/a	0	0	40 mg	1.44 mg	X		X		X					
Mixed Fruit	1/2 cup	70	17	0	0	0	0	10	0	11	200	1.2	6	0										
Orange	each	86	21.62	1.73	0.221	0.028	0	0	4.416	17.204	414	97.888	73.6	0.184										
Pineapple Tidbits	1/2 cup	90	21	1	0	0	0	0	1	20	0	6	0	0.36										
Sliced Pears	1/2 cup	60	15	0	0	0	0	0	2	0	0	2	11	0.36										