

Greenview Upper Breakfast Oct 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 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						
Banana Chocolate Loaf	1 each	280	34 g	4 g	16 g	4.5 g	50 mg	210 mg	3 g	n/a	100	1.2	40 mg	1.08 mg	X	X	X		X						
Blueberry Breakfast Bark	1/2 cup	253	50g	7g	3g	0.9g	4mg	111mg	2g	n/a	7	1	6mg	0.6mg					X						
Blueberry Muffin	1 each	197	30 g	3 g	7.78 g	1.96 g	12 mg	245 mg	3 g	n/a	113	0	38 mg	0.68 mg	X	X	X		X						
Breakfast Taco	each	174	13.144	10.095	9.869	3.862	222.1	360.258	0.068	0.119	45.4	0	106.611	0.798	X	X			X						
Breakfast Taco	each	182	13.256	9.936	9.35	3.796	177.984	341.617	0.068	0.119	76.949	0	80.192	0.788	X	X			X						
Canned Fruit Bar	1/2 cup	65	17 g	0 g	0.07 g	0.01 g	0 mg	4 mg	2 g	n/a	27	3.7	8 mg	0.36 mg											
Cheese Stick	each	90	0 g	7 g	7 g	5 g	20 mg	95 mg	0 g	n/a	400	0	250 mg	2.7 mg					X						
Choice of Cereal	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								
Cinnamon Cream Cheese Filled Bagel	1 package	240	41 g	6 g	6 g	2.5 g	10 mg	180 mg	2 g	n/a	100	0	20 mg	1.08 mg	X		X		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 Pop-Tart	each	180	37 g	2 g	3 g	1 g	0 mg	190 mg	3 g	n/a	500	0	100 mg	1.8 mg	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						
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										
Cream Cheese, plain	each	51	1 g	1 g	4.99 g	2.93 g	15 mg	46 mg	0 g	n/a	161	0	14 mg	0.02 mg					X						
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 Fruit Bar	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						
Goldfish Graham Crackers	1 package	120	19 g	1 g	4 g	1 g	0 mg	135 mg	1 g	n/a	200	1.2	100 mg	1.44 mg	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						
Peach Yogurt	1 container	90	19 g	3 g	0 g	0 g	0 mg	75 mg	0 g	n/a	0	0	300 mg	0 mg					X						
Plain Bagel	1 each	150	30 g	6 g	1.5 g	0 g	0 mg	290 mg	1 g	n/a	0	4.2	0 mg	10.08 mg	X										
Strawberry Banana Yogurt	1 container	90	19 g	3 g	0 g	0 g	0 mg	75 mg	0 g	n/a	0	1.2	300 mg	0 mg					X						