

Memorial Jr High Breakfast NOV

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% Low Fat Chocolate Milk	carton	130	19	8	2.5	1.50	10	130	0	18	150	1.20	298	0					X					
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										
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										
Breakfast Burrito	1 each	327	26.373	19.196	15.019	5.47	255.302	702.842	4.126	2.665	163.143	0.018	129.576	2.683	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 Toaster Sandwich	sandwich	373	34 g	16 g	20.95 g	9.69 g	38 mg	660 mg	4 g	n/a	571	0	524 mg	1.71 mg	X		X		X					
Chicken Breakfast Biscuit	1 sandwich	396	53 g	11 g	15.32 g	10 g	33 mg	719 mg	3 g	n/a	77	0	163 mg	2.28 mg	X	X	X		X					
Choice of 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					
Cinnamon Applesauce	each	60	16.967	0	0	0	0	0	1.021	14.926	0	59.83	6.378	n/a										
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					
Clementine Orange	1 each	35	9 g	1 g	0.1 g	0 g	0 mg	1 mg	1 g	n/a	50	36	20 mg	0.18 mg										
Diced Peaches	1/2 cup	50	12	1	0	0	0	5	1	10	300	1.2	0	0										
English Muffin	1 each	120	21 g	6 g	1.5 g	0 g	0 mg	180 mg	3 g	n/a	0	0	100 mg	1.44 mg	X		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					
French Toast Sticks	3 each	210	32 g	10 g	5 g	1 g	140 mg	370 mg	3 g	n/a	160	0	23 mg	1.83 mg	X	X	X		X					
Mini Eggo Waffles	1 pouch	200	35 g	5 g	5 g	1.5 g	0 mg	270 mg	4 g	n/a	500	0	100 mg	2.7 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					
Mixed Fruit	1/2 cup	70	17	0	0	0	0	10	0	11	200	1.2	6	0										
Pancakes	2 each	140	26.015	4.002	4.002	0.00	6.003	270.154	2.001	6.003	0	0	0	0	X	X	X		X					
Sausage Breakfast Pizza	1 each	230	23 g	10 g	11 g	6 g	55 mg	450 mg	1 g	n/a	200	0	150 mg	1.44 mg	X	X	X		X					
Scrambled Egg	1/4 cup	78	1 g	7 g	5.12 g	1.55 g	214 mg	128 mg	0 g	n/a	91	0.2	40 mg	0.01 mg		X			X					
Turkey Sausage Biscuit with Cheese	1 sandwich	355	30 g	11 g	19 g	11.5 g	170 mg	920 mg	2 g	n/a	100	0	180 mg	2.16 mg	X	X	X		X					