

# Memorial High School 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
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	1/2 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										
Apple Cinnamon Muffin	1 each	188	30 g	3 g	6.6 g	1.75 g	17 mg	257 mg	3 g	n/a	95	0.01	43 mg	0.73 mg	X	X	X		X					
apple sauce	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										
Apple Sauce	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										
Applesauce	1/2 cup	61	15	0	0	0	0	5	1	12	0	0	0	0										
Bacon, Egg & Cheese on Biscuit	sandwich	325	29 g	12 g	17.75 g	10.25 g	123 mg	788 mg	2 g	n/a	245	0	314 mg	1.53 mg	X	X				X				
Bacon, Egg & Cheese on English Muffin	sandwich	245	23 g	14 g	10.25 g	3.25 g	123 mg	527 mg	3 g	n/a	245	0	264 mg	1.89 mg	X	X	X		X					
Banana	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										
Banana	each	90	23 g	1 g	0.33 g	0.11 g	0 mg	1 mg	3 g	n/a	65	8.79	5 mg	0.26 mg										
Banana Blueberry Muffin	1 each	240	29 g	5 g	4.04 g	1.45 g	38 mg	298 mg	2 g	n/a	200	9	51 mg	1.05 mg	X	X	X		X					
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					
Biscuits & Gravy	1/2 c & 1 biscuit	255	22 g	12 g	13.98 g	5.12 g	46 mg	389 mg	1 g	n/a	464	1.01	263 mg	1.35 mg	X	X	X		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 Banana Split Yogurt Parfait	1 each	288	49 g	6 g	2.78 g	0.36 g	1 mg	113 mg	2 g	n/a	125	15.72	289 mg	1.07 mg	X				X					
Breakfast Bowl	1 serving	352	30 g	20 g	17 g	5.59 g	250 mg	781 mg	3 g	n/a	293	8.75	186 mg	0.79 mg	X	X	X		X					
Breakfast Sandwich	1 sandwich	264	28 g	16 g	10 g	4 g	61 mg	686 mg	1 g	n/a	125	0	126 mg	145 mg	X	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					
Brown Sugar Cinnamon Pop Tart	each	359	76 g	5 g	6 g	1.9 g	0 mg	396 mg	6 g	n/a	*n/a*	*n/a*	*n/a* mg	*n/a* mg	X		X							
Brown Sugar Cinnamon Pop Tart	each	359	76 g	5 g	6 g	1.9 g	0 mg	396 mg	6 g	n/a	*n/a*	0	*n/a* mg	*n/a* mg	X		X							
Cheerios	1 bowl	100	20 g	3 g	2 g	0.5 g	0 mg	140 mg	3 g	n/a	500	6	100 mg	8.1 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				
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 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									
Choice of 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				
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 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 Cereal Bar	each	160	30	2	3.5	0	0	120	3	8	0	0	200	1.8	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							
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				
Easy Egg Bake	serving	109	2 g	11 g	6.39 g	2.37 g	210 mg	278 mg	0 g	n/a	86	0.1	89 mg	0.01 mg		X				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					
Fresh 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										
Lucky Charms	1 3/4 cup	120	25 g	2 g	1 g	0 g	0 mg	140 mg	0 g	n/a	750	6	100 mg	4.5 mg	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					
Mixed Fruit	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										
Mixed Fruit	1/2 cup	70	17	0	0	0	0	10	0	11	200	1.2	6	0										
OR 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									
Orange	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										
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					
Pancakes	3 each	220	41	6	3	0.5	10	490	6	8	0	0	40	1.9	X	X	X		X					
Pop Tart	1 each	190	38 g	2 g	3 g	1 g	0 mg	200 mg	3 g	n/a	500	0	100 mg	1.8 mg	X		X							
Pork Sausage Link	1 each	100	0 g	3 g	10 g	3.5 g	20 mg	160 mg	0 g	n/a	0	0	0 mg	0 mg										
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				
Tator Tots	1/2 cup	140	16	1	7	1	0	190	1	0	0	0	0	0.36										
Whole Grain Toast	1 slice	80	16 g	4 g	1 g	0 g	0 mg	95 mg	2 g	n/a	0	0	40 mg	0.72 mg	X		X							X