

ELEMENTARY BREAKFAST NUTRITION FACTS

Menu Item	Serving Size	Calories	Protein g.	Fat g.	Sugar g.	Carbs g.
Week 1						
Benefit Oatmeal Chocolate Chip Bar	1 - 2.5oz.	290	5	9	22	47
Applesauce	1 - 3oz.	58	0	0	13	15
White Milk	1 - 8oz.	110	8	2.5	12	13
	Total	458	13	11.5	47	75
Lo Fat Muffin Top	1 ea.	150	3	4.5	13	25
Yogurt	1 - 4oz.	110	4	1	17	21
Sliced Apples	1 - 2oz.	30	0	0	6	7
White Milk	1 - 8oz.	110	8	2.5	12	13
	Total	400	15	8	48	66
Plain Bagel	1 - 2oz.	150	6	0	3	31
Lite Cream Cheese	1 - 1oz.	60	2	5	1	1
Applesauce	1-3oz.	58	0	0	13	15
White Milk	1 - 8oz.	110	8	2.5	12	13
	Total	378	16	7.5	29	60
Grab n Go Cereal	1 ea	110	1	1	9	23
Cheddar Cheese	1 ea	110	7	9	0	0
Pear Cup	3oz.	60	1	0	16	17
White Milk	1-8oz	110	8	2.5	12	13
	Total	390	17	12.5	37	53
Walking Waffle	1 ea.	240	5	9	16	35
Apple Slices	2 oz	30	0	0	6	7
White Milk	1 - 8oz.	110	8	2.5	12	13
	Total	380	13	11.5	34	55
Week 2						
Plain Bagel	1 -2oz.	150	6	0	3	31
Lite Cream Cheese	1 - 1oz.	60	2	5	1	1
Mixed Fruit	3oz.	62	0.5	0	15	16
White Milk	1 - 8oz.	110	8	2.5	12	13
	Total	382	16.5	7.5	31	61
Grab n Go Cereal	1 ea	110	1	1	9	23
String Cheese	1 - 1oz.	60	9	3	0	0
Apple Slices	2oz.	30	0	0	6	7
White Milk	1 - 8oz.	110	8	2.5	12	13
	Total	310	18	6.5	27	43
Choc Chip Loaf	1 ea.	170	3	6	14	27
String Cheese	1oz.	60	9	3	0	0
Pear Cup	1 - 3oz.	60	1	0	16	17
White Milk	1 - 8oz.	110	8	2.5	12	13
	Total	400	21	11.5	42	57
Grab n Go Cereal	1 ea	110	1	1	9	23
String Cheese	1 oz	60	9	3	0	0
Orange Juice	4oz.	50	1	0	12	13
White Milk	1 - 8oz.	110	8	2.5	12	13
	Total	330	19	6.5	33	49

Turkey	2 slices	140	20	6	0	2
American Cheese	1 slice	50	2.5	4.5	0.5	0.5
Tortilla	1 ea	90	2	2	1	15
Sliced Apples	2 oz	30	0	0	6	7
White Milk	1-8oz.	110	8	2.5	12	13
	Total	420	32.5	15	19.5	37.5

Week 3

Grab n Go Cereal	1 ea.	110	1	1	9	23
String Cheese	1 oz	60	9	3	0	0
Applesauce	3 oz	58	0	0	13	15
White Milk	1 - 8oz.	110	8	2.5	12	13
	Total	338	18	6.5	34	51

Lo Fat Muffin Top	1 -8oz	150	3	4.5	13	25
Gogurt	1 ea	70	2	1	10	13
Sliced Apples	2oz.	30	0	0	6	7
White Milk	1 - 8oz.	110	8	2.5	12	13
	Total	360	6	8	41	58

Wheat Bagel	1 ea.	220	7	2	4	47
Lite Cream Cheese	1 ea.	60	2	5	1	1
Mixed Fruit	3oz.	62	0.5	0	15	16
White Milk	1 - 8oz.	110	8	2.5	12	13
	Total	452	17.5	9.5	32	77

Grab n Go Cereal	1 ea	110	1	1	9	23
Cheddar Cheese	1 ea	110	7	9	0	0
Pear Cup	3 oz	60	1	0	16	17
White Milk	1-8oz	110	8	2.5	12	13
	Total	390	17	12.5	37	53

Cinnamon Pancakes	1 - 3oz.	193	4	3	11	36
Banana	1 ea	72	1	0	0	19
White Milk	1 - 8oz.	110	8	2.5	12	13
	Total	375	13	5.5	23	68

Week 4

Plain Bagel	1-2oz	150	6	0	3	31
Lite Cream Cheese	1oz.	60	2	5	1	1
Mixed Fruit	3 oz	62	0.5	0	15	16
White Milk	1 - 8oz.	110	8	2.5	12	13
	Total	382	16.5	7.5	31	61

Grab n Go Cereal	1 ea	110	1	1	9	23
String Cheese	1 - 1oz.	60	9	3	0	0
Sliced Apples	2 oz	30	0	0	6	7
White Milk	1 - 8oz.	110	8	2.5	12	13
	Total	310	18	6.5	27	43

Chocolate Chip Loaf	2 oz	170	3	6	14	27
String Cheese	1 - 1oz.	60	9	3	0	0
Applesauce	3oz	58	0	0	13	15
White Milk	1 - 8oz.	110	8	2.5	12	13
	Total	398	20	11.5	39	55

Grab n Go Cereal	1 ea	110	1	1	9	23
String Cheese	1-1oz	60	9	3	0	0
Orange Juice	4oz.	60	0	0	12	14
White Milk	1 - 8oz.	110	8	2.5	12	13
	Total	340	18	6.5	33	50

Turkey	2 slices	80	18	1	0	2
American Cheese	1 slice	50	2.5	4.5	0.5	0.5
Tortilla	1 ea.	90	2	2	1	15
Apple Slices	2 oz	30	0	0	6	7
White Milk	1-8oz	110	8	2.5	12	13
	Total	360	30.5	10	19.5	37.5

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