

## District 211 Breakfast Menu Information 2014-2015

Item Description	Calories	Total Fat g	Sat Fat g	Chol mg	Protein g	Carbs g	Fiber	Sodium mg	Iron mg	Calcium mg	Vitamin A IU	Vitamin C mg
<b>Homemade Muffins</b>												
Apple Muffin	162	6.5	2.8	25	3.0	23.3	1.1	264	0.9	45.7	292	0.1
Blueberry Muffin	162	6.5	2.8	25	3.1	23.4	1.2	263	0.8	46.0	295	0.6
Banana Muffin	165	6.5	2.8	25	2.9	24.4	1.3	261	0.8	39.9	297	0.8
Muffin, Plain Whole Grain	159	6.5	2.8	25	3.0	22.5	1.1	263	0.8	45.7	292	0.0
Peach Muffin	163	6.5	2.8	25	3.1	23.7	1.2	263	0.8	46.2	320	0.3
Strawberry Muffin	162	6.5	2.8	25	3.1	23.4	1.3	263	0.9	47.2	296	3.8
Sweet Potato Muffin	125	3.6	1.6	15	2.1	21.2	0.5	189	0.8	52.6	1039	0.5
Zucchini Muffin	163	6.6	2.8	25	3.3	23.3	1.3	265	0.9	50.0	341	4.4
Oatmeal Muffin	158	5.3	2.3	9.9	2.2	25.6	0.7	165	0.7	39.8	230	0.0
<b>Breakfast Entrée Choices</b>												
Bagel with cream cheese	230	10.0	6.0	30	8.0	31.0	4.0	275	1.8	60.0	400	0.0
Bosco Stick, Apple Filled	170	1.5	0.0	0	5.0	36.0	3.0	150	1.4			
Cereal, Cup Variety	111	1.3	0.2	0	1.6	24.0	1.6	172	4.6	62.5	587	9.5
Chicken on a biscuit	325	14.0	10.0	33	11.0	34.0	3.0	658	2.1	165.0	39	6.0
Cinnamon Roll	280	7.0	2.5	40	5.0	51.4	2.0	240	1.8	40.2	200	0.0
Egg & Cheese Burrito	301	15.1	7.0	125	10.5	31.0	3.5	446	1.4	161.3	213	0.0
Egg & Cheese Bagel	254	10.6	3.5	120	11.0	30.8	4.0	450	1.8	120.0	220	
Egg & Cheese Biscuit	324	19.6	12.5	120	9.0	28.8	2.0	730	1.1	230.0	220	0.0
Egg & Cheese English Muffin	244	10.6	3.5	120	10.0	26.8	2.0	510	2.7	180.0	220	1.2
Egg & Ham Bagel	225	7.5	1.8	116	11.5	30.3	4.0	420	1.8	60.0	100	
Egg & Sausage Bagel	280	12.0	3.0	135	16.0	30.0	4.0	550	2.2	80.0	100	0.0
Egg & Sausage Biscuit	350	21.0	12.0	135	14.0	28.0	2.0	830	1.5	190.0	100	0.0
Egg & Sausage Muffin	270	12.5	3.0	135	16.0	25.0	3.0	570	1.8	140.0	100	0.0
Sausage & Cheese English Muffin	244	10.1	3.5	35	15.0	24.8	3.0	620	1.8	180.0	120	0.0
French Toast Sticks with Syrup	281	3.7	1.1	105	7.7	55.3	2.4	270	2.5	70.6	154	0.0
Mini Pancakes, A+ Cinn with syrup	310	3.0	0.0	5	5.0	67.0	4.0	275	2.5	60.0	0	0.0
Mini Pancakes, Apple Cinn with syrup	360	7.0	0.5	5	5.0	70.0	3.0	355	2.2	60.0	0	0.0
Mini Pancakes, Blueberry with syrup	360	6.0	0.5	5	5.0	71.0	3.0	335	2.2	60.0	0	0.0

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Item Description	Calories	Total	Sat Fat	Chol	Protein	Carbs g	Fiber	Sodium		Calciu	Vitamin	Vitamin
		Fat g	g	mg	g			mg	Iron mg	m mg	A IU	C mg
Mini Pancakes, Maple with syrup	350	7.0	1.0	5	5.0	69.0	3.0	345	2.5	60.0	0	0.0
Oatmeal with brown sugar	190	2.6	0.5	0	6.5	33.0	4.0	78	1.9	35.8	0	0.0
Mini Pancake Sausage Wraps	240	12.0	3.3	33	8.0	20.0	4.0	373	2.4	26.7	0	0.0
Pizza Bagel, 2 halves	230	4.3	1.9	10	14.2	35.2	4.9	443	2.5	256.1	1001	8.0
Poptart, WG, Cinnamon	370	5.0	2.0	0	5.0	75.0	6.0	380	3.6	200.0	1000	
Poptart, WG, Strawberry	360	5.0	2.0	0	4.0	76.0	6.0	360	3.6	200.0	1000	
Yogurt, 4oz blueberry (variety availabl	90	0.0	0.0	0	3.0	19.1	0.0	50	0.0	301.1	0	0.0
Granola	215	9.2	3.7	0	4.4	29.2	2.8	78	1.3	25.7	338	0.0
<b>Beverages</b>												
Juice, Apple 4oz	60	0.0	0.0	0	0.0	14.0	0.0	8	0.3	7.0	4	60.0
Juice, Apple Cherry 4oz	60	0.0	0.0	0	0.0	15.0	0.0	4	0.5	8.0	4	60.0
Juice, Fruit Punch 4oz	60	0.0	0.0	0	0.0	16.0	0.0	3	0.2	5.0	10	60.0
Juice, Grape 4oz	60	0.0	0.0	0	0.0	16.0	0.0	2	0.0	5.0	10	60.0
Juice, Orange 4oz	60	0.0	0.0	0	1.0	13.0	0.0	1	0.1	11.0	133	48.0
Milk, Skim, 1 c.	83	0.2	0.1	5	8.3	12.2	0.0	103	0.1	299.0	500	0.0
Milk, 1% White, 1c.	102	2.4	1.5	12	8.2	12.2	0.0	107	0.1	305.0	478	0.0
Milk, Strawberry 1 c.	120	0.0	0.0	5	8.0	22.0	0.0	120	0.0	300.0	100	1.2
Milk, Chocolate Skim 1 c.	130	0.0	0.0	5	8.0	24.0	0.0	200	0.4	300.0	500	1.2

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