

District 211 Breakfast Menu Information 2018-2019

Item Description	Calories	Total Fat g	Protein g	Carbs g	Allergens
Yogurt & Muffins**					
Apple Muffin	185	7	3	27	Egg, Milk, Wheat
Blueberry Muffin	185	7	3	27	Egg, Milk, Wheat
Banana Muffin	189	7	3	28	Egg, Milk, Wheat
Peach Muffin	186	7	3	27	Egg, Milk, Wheat
Strawberry Muffin	184	7	4	26	Egg, Milk, Wheat
Two Muffin Breakfast	372	15	7	54	Egg, Milk, Wheat
Yogurt Parfait Breakfast Size with granola	319	8	11	54	Milk, may contain wheat
**All muffins/granola are made from scratch in the baker's production area. Muffins may come in contact with peanut or nut containing products.					
Grains					
Bagel-ful Original	190	5	6	29	Milk, Soy, Wheat
Bagel-ful Cinnamon	180	3	6	32	Milk, Soy, Wheat
Bagel and Cream Cheese	230	10	8	31	Milk, Soy, Wheat
Bosco, Breakfast Egg & Cheese	150	6	8	18	Milk, Egg, Wheat
Bosco Stick WG Apple	170	2	5	36	Milk, Wheat
<i>Cereal, Cup Variety</i>					
Cereal Cheerios Bowlpak WG	100	2	3	20	None reported
Cereal Cinnamon Toast Crunch Bowlpak WG	110	3	1	22	Soy, Wheat
Cereal Cocoa Puffs Bowlpak WG	110	2	2	25	
Cereal Golden Grahams	100	1	1	24	Wheat
Cereal Honey Nut Cheerios Bowlpak WG	110	2	2	22	Tree Nut, May contain wheat
Cereal Lucky Charms Bowlpak WG	110	1	2	23	None reported
Cereal Trix Bowlpak WG	110	2	1	24	None reported
Cereal with Homemade Muffin	295	9	6	50	Milk, Eggs, Soy, Wheat
Cinnamon Roll WG	230	2	5	51	Egg, Milk, Soy, Wheat
Cinnamon Stick / Cinnamon Bun	150	3	4	30	Egg, Milk, Wheat
Cinnamon Strudel / Mini Cinnis	240	7	5	39	Milk, Wheat
Donut	325	16	5	42	Milk, Soy, Wheat, Egg
Donut Holes	325	16	4	42	Milk, Soy, Wheat, Egg
French Toast with syrup	330	7	8	59	Egg, Wheat
French Toast Sticks with Sausage & syrup	400	12	15	59	Egg, Wheat
Hot Oatmeal	190	3	7	33	May contain wheat
Maple Mini Pancakes w/Syrup	330	6	4	69	Egg, Milk, Wheat

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PB&J Graham Wafer	290	8	8	31	Peanuts, Soy, Wheat
Poptart, WG Strawberry	120	2	1	25	Soy, Wheat
Poptart, WG Cinnamon	123	2	2	25	Soy, Wheat
Poptart, WG Fudge	123	2	2	25	Soy, Wheat
Uncrustable	300	17	9	32	Peanuts, Wheat
Waffles w/Syrup	260	4	0	56	Egg, Milk, Soy, Wheat
Specials					
Breakfast Burrito - with salsa	193	9	8	21	Egg, Milk, Soy, Wheat
Breakfast Burrito - without salsa	188	9	8	20	Egg, Milk, Soy, Wheat
Chicken on a Biscuit	296	14	11	33	Milk, Soy, Wheat
Egg and Sausage Muffin WG	240	10	15	27	Egg, Milk, Soy, Wheat
Egg and Sausage Bagel WG	260	10	16	30	Egg, Milk, Soy, Wheat
Egg and Sausage Biscuit WG	320	18	14	28	Egg, Milk, Wheat
Egg and Cheese Bagel WG	225	7	13	31	Egg, Milk, Soy, Wheat
Egg and Cheese Muffin WG	205	7	12	28	Egg, Milk, Soy, Wheat
Egg and Cheese Biscuit WG	285	15	11	29	Egg, Milk, Wheat
Egg and Ham Bagel WG	205	5	12	30	Egg, Milk, Soy, Wheat
Ham and Cheese Bagel WG	205	4	15	31	Milk, Soy, Wheat
Pancake Sausage Wrap	200	11	6	19	Egg, Milk, Soy, Wheat
Pizza Bagel	249	8	14	33	Egg, Milk, Wheat
Sausage and Cheese Bagel WG	245	8	17	30	Milk, Soy, Wheat
Sausage and Cheese Muffin WG	225	9	16	27	Milk, Soy, Wheat
Beverages					
Juice, Apple	60	0	0	14	None reported
Juice, Very Berry	60	0	0	17	None reported
Juice, Fruit Punch	60	0	0	15	None reported
Juice, Grape	80	0	0	20	None reported
Juice, Orange	60	0	1	15	None reported
Milk, Skim, 1 c.	83	0	8	12	Milk
Milk, 1% White, 1c.	102	2	8	12	Milk
Milk, Strawberry 1 c.	120	0	8	22	Milk

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Milk, Chocolate Skim 1 c.	130	0	8	24	Milk
Smoothie, Aloha Pineapple	222	2	5	47	Milk
Smoothie, Strb, Ban, Pear	267	2	6	59	Milk
Smoothie, Strb, Ban	248	2	6	55	Milk
Smoothie, Strb, Peach, Pear	244	2	5	53	Milk
Smoothie, Tropical	244	2	6	53	Milk
Smoothie, Green Machine	224	2	5	47	Milk