



2018-2019 GIPS Secondary Breakfast Product Nutritionals

Menu Item	Serving Size	Carbs (g)	Sodium (g)	Calories	Total Fat (g)
APPLE BREAKFAST SMILES	1 EACH	26	130	160	5
APPLE FRUDEL	1 EACH	26	260	210	6
BRD CHICKEN PATTY ON BISCUIT	1 EACH	28	420	230	10
BREAD, BAGEL, LENDERS	1 EACH	29	180	140	1
BREAD, BISCUIT WG PILLSBURY	1 EACH	27	340	210	9
BREAD, CINN. ROLL WG RICH	1 EACH	19	70	90	1
BREAD, SANDWICH, BIMBO	1 SLICE	16	95	80	1
BREAKFAST BURRITO GRAB WRAP	1 EACH	22	360	200	10
BREAKFAST CHEESE STUFFED SANDWICH	1 EACH	17	260	160	6
BREAKFAST OMELET WRAP	1 EACH	14	410	180	10
BREAKFAST STICK, FF	1 EACH	17	310	160	6
BREAKFAST, APPLE BOSCO	1 EACH	38	170	200	3
BUN, HAMBURGER, BIMBO	1 EACH	31	200	160	2
CEREAL COCOA PUFFS	1 EACH	25	160	110	2
CEREAL, CHEERIOS APPLE CINN.	1 EACH	22	110	110	2
CEREAL, CINN.TOAST	1 EACH	22	150	110	3
CEREAL, FROOT LOOPS RS	1 EACH	16	107	69	1
CEREAL, FROST FLAKE MULT	1 EACH	24	160	100	0
CHEESE, AMERICAN, YELLOW, USDA	1 SLICE	0	211	53	4
CHEESE, CREAM RASKAS	1 EACH	2	110	70	6
CHEESE, STRING SAPUTO	1 EACH	0	200	80	5
CHERRY FRUDEL	1 EACH	37	260	210	6
CHICKEN BREAKFAST BISCUIT	1 EACH	22	260	190	7
CHORIZO EGG WRAP	1 EACH	15	420	180	9
CINNI MINIS	1 EACH	39	270	240	7
CRACKER, GRAHAM SCOOBY-DOO,	1 EACH	21	115	120	3.5
CRACKER, GRIPZ CHO CHIP GRAHAM	1 EACH	20	80	120	3.5
EGG & CHEESE BREAKFAST SANDWICH IW	1 EACH	31	350	240	9
EGG, FRIT OMELET	1 EACH	1	290	110	8
EGG, GRILLED PATTY	1 EACH	1	120	45	4
EGG, OMLT, COLBY	1 EACH	2	300	130	10
EGG, TAC-GO TURKEY SAUSAGE	1 EACH	14	410	180	3.5
EGG,HARD-BOILED	1 EACH	1	62	78	5
EGGS, SCRAMBLED	1 OZ	1	125	45	3
FIESTA EGG & CHEESE SANDWICH ON BUN IW	1 EACH	20	260	150	5
FRENCH TOAST 3 STK	SVG (3 ea)	37	300	250	9
FRENCH TOAST STICKS, PrePackaged	1 EACH	28	320	210	7
FRUIT, APPLE SLICES - 2 oz	1 PACKAGE	8	0	30	0
FRUIT, APPLE WHOLE (138 CT)	1 EACH	20	1	77	0
FRUIT, BANANA WHOLE (med)	1 EACH	27	1	105	0
FRUIT, ORANGE WHOLE (lg)	1 EACH	21	0	86	0
FRUIT, RAISELS GOLDEN RAISINS, ALL FLAVORS	1 EACH	35	5	140	0
FRUIT, ZEE ZEE MIXEES DRIED FRUIT	1 EACH	30	25	120	0
GRANOLA BAR, CHEWY CHOCOLATE CHUNK	1 EACH	31	135	160	3
JELLY, GRAPE	1 EACH	9	11	35	0

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Menu Item	Serving Size	Carbs (g)	Sodium (g)	Calories	Total Fat (g)
JUICE, APPLE HILAND	1 EACH	15	0	60	0
JUICE, ORANGE, HILAND	1 EACH	15	0	60	0
MARGARINE, SINGLES MRS CLARK	1 EACH	0	40	25	3
MILK, 1% WHITE	8 FL OZ	11	120	100	3
MILK, FAT FREE CHOCOLATE	8 FL OZ	20	180	100	0
MILK, FAT FREE STRAWBERRY	8 FL OZ	22	90	120	0
MINI BEEF SAUSAGE ON BISCUIT	1 EACH	26	560	230	10
MUFFIN, CHOCOLATE CHIP, MUFFINTOWN	1 EACH	29	95	170	5
MUFFIN, MINI LOAF APPLE/CIN LOAF	1 EACH	30	180	190	7
MUFFIN, MINI LOAF BANANA	1 EACH	30	170	180	6
MUFFIN, MINI LOAF DREAMY ORANGE	1 EACH	28	180	180	7
MUFFIN, MINI LOAF LEMON ICE	1 EACH	28	150	160	5
OATMEAL	1 CUP	24	8	141	3
PB&J GRAHAMCRACKERS AP 	1 EACH	30	220	290	17
PEANUT BUTTER,SMOOTH 	2 TBSP	7.5	150	199	16
PIZZA, BREAKFAST SAUSAGE	1 EACH	26	470	210	10
POTATO, TRI TATERS	1/4 C SVG, 1 EA	12	330	100	5
SALSA, RED GOLD, 2 oz	SVG (2 OZ)	4	139	20	0
SANDWICH, UNCRUSTABLE	1 EACH	32	320	320	17
SAUSAGE, EGG SLIDERS	1 SVG	21	280	150	4.5
SAUSAGE, LIL' SMOKIES	SVG (3 EACH)	2	533	128	11
SAUSAGE, PATTY, TURKEY	1 EACH	1	320	70	5
STRAWBERRY BREAKFAST SMILES	1 EACH	27	125	160	5
STRAWBERRY CREAM CHEESE BAGEL	1 EACH	41	180	240	6
SYRUP, PANCAKE	SVG (1 OZ)	26	52	105	0
YOGURT, RASPBERRY, DANNON	1 EACH	15	65	80	0
YOGURT, STRAWBERRY, DANNON	1 EACH	16	65	80	0
YOGURT, STRAWBERRY/BANANA	1 EACH	16	65	80	0
YOGURT, VANILLA, DANNON	1 EACH	16	60	80	0
May contain Peanuts or Tree Nuts 