

Breakfast Nutritional Analysis

<u>Food Item</u>	<u>Portion</u>	<u>Calories</u>	<u>Total Fat - G</u>	<u>Sat. Fat - G</u>	<u>Cholesterol- Mg</u>	<u>Sodium- Mg</u>	<u>Carbohydrate - G</u>	<u>Fiber - G</u>	<u>Protein - G</u>
<i>Entrée Selections:</i>									
Breakfast Bread	1 Piece	157	5	0.43	17	164	25	1	3
Cereal, Cheerios	1 Bowl	70	1	0	0	125	14	2	2
Cereal, Cinn Toast Crunch, red sugar	1 Bowl	120	3	0.5	0	190	22	1	1
Cereal, Honey Nut Cheerio	1 Bowl	110	1.5	0	0	200	22	1	3
Cereal, Kix	1 Bowl	60	0.5	0	0	105	14	2	1
Cereal, Berry Kix	1 Bowl	90	1	0	0	170	20	1	1
Cereal, Golden Grahams	1 Bowl	90	1	0	0	220	20	1	1
Cereal, Raisin Bran	1 Bowl	110	1	0	0	210	27	4	3
Cereal, Rice Krispies	1 Bowl	70	0	0	0	170	16	0	1
Cheese Grits - Elem.	0.5 Cup	87	2.5	1.5	6	115	15	1	3
Cheese Grits - Secondary	1 Cup	180	4.8	3	12	230	30	2	5
Cheese Omelette	1 Each	130	11	3	187	266	1	0	7
Cherry Muffin	1 Each	202	2	0	0	89	42	1	3
Cowboy Bread	1 Piece	171	6.4	1.3	14	149	26	0.5	2
Cutie Pie - Apple, Cherry	1 Each	303	9	2	0	350	51	1.6	4
Egg & Cheese Muffin	1 Each	202	6	1.4	112	372	28	2	8
French Toast	1 Slice	77	1.3	0.3	20	130	14	0.7	2.33
French Toast Sticks w/Syrup	2 Sticks	175	6	1	0	265	29	0.5	2
Granola w/walnuts	3/8 cup	241	13	1.9	0	85	28	3.4	5
Grits	1/2 Cup	62	0.2	0	0	0	14	1	1.5
Hot Pockets, Turkey, Egg & Cheese	1 Each	140	5	2	50	330	18	1	7
Oatmeal	1 Cup	150	3	0.5	0	0	27	4	5
Pancake	1 Each	73	1	0	8	197	14	0.7	2
Pear Muffin	1 Each	164	2	0	0	89	33	0.6	2.6
Scrambled Eggs - Elem.	1 Egg	89	5.5	1.7	231	88	1.5	0	7.8
Scrambled Eggs - Secondary	1.5 Egg	107	6.7	2	283	105	1.6	0	9
Spice Up Your Morning Bread	1 Each	269	2	0.5	25	157	58	1.3	4
Toast, Cinnamon	1 Slice	82	1	0.3	0	120	17	1	3
Toast	1 Slice	70	1	0.3	0	120	14	1.5	3
Toast w/ Jelly	1 Each	105	1	0.3	0	120	23	1.5	3
Waffle	1 Each	100	3	0.75	2.5	220	16	0.5	2.5
Yogurt	4 Oz	110	0	0	0	75	22	0	3
<u>Food Item</u>	<u>Portion</u>	<u>Calories</u>	<u>Total Fat - G</u>	<u>Sat. Fat - G</u>	<u>Cholest- Mg</u>	<u>Sodium- Mg</u>	<u>Carbs - G</u>	<u>Fiber - G</u>	<u>Protein - G</u>
<i>Fruit Selections:</i>									
Apple	1 Apple	55	0	0	0	1	15	2.5	0
Applesauce	0.5 Cup	96	0	0	0	4	25	1.5	0
Juice, Apple	4 Fl Oz	60	0	0	0	0	14	0	0
Juice, Blue Raspberry	4 Fl Oz	60	0	0	0	0	14	0	0
Juice, 100% Fruit Blend	4 Fl Oz	60	0	0	0	0	14	0	0
Juice, Grape	4 Fl Oz	60	0	0	0	0	19	0	0
Juice, Green Apple	4 Fl Oz	60	0	0	0	0	14	0	0
Juice, Orange	4 Fl Oz	60	0	0	0	0	15	0	0
Juice, Peach	4 Fl Oz	60	0	0	0	0	14	0	0
Juice, Tropical Island Splash	4 Fl Oz	60	0	0	0	0	14	0	0
Mixed Fruit	0.5 Cup	72	0	0	0	9	19	1.6	0.7
Orange	1 Each	70	0	0	0	0	17	3.6	1
Peaches, Canned	0.5 Cup	69	0	0	0	6	19	2	0
Peach Cup	0.5 Cup	118	0	0	0	8	30	2.2	1
Pears, Diced	0.5 Cup	72	0	0	0	6	19	2	0.2
Pineapple Tidbits	0.5 Cup	70	0	0	0	10	17	1	1
Strawberry Cup	0.5 Cup	110	0	0	0	4	33	2.4	0.7

<u>Milk Selections:</u>									
Skim (fat-free) Milk	8 Fl Oz	83	0	0	5	103	12	0	8
1% (low-fat) Milk	8 Fl Oz	102	2.4	1.5	12	107	12	0	8
2% (reduced-fat) Milk	8 Fl Oz	122	5	3	20	100	11	0	8
1/2% Chocolate Milk	8 Fl Oz	146	1.4	0.4	5	119	27	0	8
1/2% Strawberry Milk	8 Fl Oz	150	1.5	0.8	7	119	27	0	8

Revised August 2010