

Elementary Breakfast

Public Name	Serving Size	Serving Type	Carbohydrate Grams
Bacon Canadian	1.00	Serving	0.988
Bacon Turkey	1.00	Slice (2 each)	0.000
Bagel Mini Cinnamon	1.00	Each	40.768
Bagel Mini Strawberry	1.00	Each	40.768
Cereal Cherrios	1.00	Each	23.287
Cereal Cinnamon Toast Crunch	1.00	Each	22.275
Cereal Cocoa Puffs	1.00	Each	26.574
Cereal Lucky Charms	1.00	Each	23.287
Cereal Mini Wheats	1.00	Each	24.299
Cereal Trix	1.00	Each	24.299
Cinnamon Toast	1.00	Each	44.998
Egg Cheese Omelet	1.00	Each	0.595
Egg w/Cheese and Bacon	1.00	Serving	0.998
French Toast Sticks	1.00	Serving	36.318
Fruit Applesauce Cup	1.00	1/2 Cup	14.645
Fruit Mixed	1.00	1/2 Cup	22.433
Fruit Peaches	1.00	1/2 Cup	14.006
Fruit Pears	1.00	1/2 Cup	18.995
Fruit Pineapple/Orange	1.00	1/2 Cup	22.243
Fruit Strawberries	1.00	1/2 Cup	21.080
Fruit Strawberry Applesauce	1.00	1/2 Cup	13.994
Juice Apple	1.00	Box	15.002
Juice Berry	1.00	Box	15.865
Juice Fruit	1.00	Box	15.002
Juice Orange	1.00	Box	17.005
Milk 1%	1.00	Carton	12.996
Milk Chocologie	1.00	Carton	23.995
Milk Skim	1.00	Carton	12.996
Muffin Banana	1.00	Each	37.564
Muffin Chocologie	1.00	Each	34.179
Pancake on a Stick	1.00	Each	18.243
Pancakes Mini Maple	1.00	Package	36.000
Pizza Breakfast	1.00	Each	26.951
Sandwich Egg and Cheese	1.00	Each	18.431
Sausage Patty	1.00	Each	0.000
Syrup Cup	1.00	Each	30.660
Waffle Dutch	1.00	Each	43.002

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Waffle Mini	1.00	Package	34.928
Yogurt Cherry	1.00	Each	20.072
Yogurt Raspberry	1.00	Each	19.278
Yogurt Strawberry Banana	1.00	Each	19.278
Muffin Blueberry	1.00	Each	31.490
Muffin Chocolate Chip	1.00	Each	33.210
Muffin Poppyseed	1.00	Each	30.320