

## Washington Breakfast

Public Name	Serving Size	Serving Type	Carbohydrate Grams
Bacon Canadian	1.00	Slice	0.480
Bacon Turkey	1.00	Serving	0.000
Bagel Mini Cinnamon	1.00	Each	40.768
Bagel Mini Strawberry	1.00	Each	40.768
Bagel w/Cream Cheese	1.00	Serving	31.505
Banana Pancakes	1.00	Each	37.000
Bar Blueberry Nutrigrain	1.00	Each	29.958
Bar Cinnamon Toast Crunch	1.00	Each	30.195
Bar Cocoa Puff	1.00	Each	30.195
Bar Granola Choc Chip	1.00	Each	17
Bar Maple Granola	1.00	Each	28.001
Bar Oatmeal Chocolate Chip	1.00	Each	43.924
Bar Strawberry Nutrigrain	1.00	Each	28.961
Bar Trix	1.00	Each	30.195
Blueberry Muffin	1.00	Each	31.490
Cereal Cheerios	1.00	Each	23.287
Cereal Cinnamon Toast Crunch	1.00	Each	22.275
Cereal Cocoa Puffs	1.00	Each	26.574
Cereal Luch Charms	1.00	Each	23.287
Cereal Mini Wheats	1.00	Each	24.299
Cereal Trix	1.00	Each	24.299
Chocolate Chip Muffin	1.00	Each	33.210
Chocolate Muffin	1.00	Each	34.179
Confetti Pancakes	1.00	Each	36.000
Egg Cheese Omelet	1.00	Each	0.595
Egg Sausage and Cheese Omelet	1.00	Each	19.060
Egg Scramble w/Cheese	1.00	Serving	0.998
French Toast Sticks	1.00	Serving	48.000
Fruit Apple Slices	1.00	Bag	7.961
Fruit Applesauce	1.00	Serving (1/2 cup)	14.645
Fruit Banana	1.00	Each	28.778
Fruit Fresh Pear	1.00	Each	34.542
Fruit Gala Apple	1.00	Each	25.057
Fruit Golden Apple	1.00	Each	18.127
Fruit Granny Smith Apple	1.00	Each	25.057
Fruit Kiwi	1.00	Each	12.827
Fruit Mixed	1.00	Serving (1/2 cup)	19.506
Fruit Orange Wedge	1.00	Serving (1/2 cup)	16.523
Fruit Peaches	1.00	Serving (1/2 cup)	13.999
Fruit Pears	1.00	Serving (1/2 cup)	18.811
Fruit Pineapple/Orange Cup	1.00	Serving (1/2 cup)	22.243
Fruit Red Delish Apple	1.00	Each	20.045
Fruit Strawberry Applesauce	1.00	Serving (1/2 cup)	13.994
Fruit Strawberry Cup	1.00	Serving (1/2 cup)	21.931
Juice Apple	1.00	Each	23.997

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Juice Berry	1.00	Each	23.997
Juice Fruit	1.00	Each	23.997
Juice Orange	1.00	Each	27.001
Milk 1%	1.00	Each	12.996
Milk Chocolate	1.00	Each	23.995
Milk Skim	1.00	Each	12.996
Muffin Banana	1.00	Each	37.564
Muffin Blueberry	1.00	Each	31.49
Muffin Chocolate	1.00	Each	34.179
Muffin Chocolate Chip	1.00	Each	33.21
Muffin Poppyseed	1.00	Each	30.32
Oatmeal Maple	1.00	Each	31.650
Pancake on a Stick	1.00	Each	18.243
Pancakes Mini	1.00	Each	36.000
Pizza Breakfast	1.00	Each	26.951
Poppyseed Muffin	1.00	Each	30.320
Poptart Cinnamon	1.00	Each	36.926
Poptart Fudge	1.00	Each	37.924
Poptart Strawberry	1.00	Each	36.926
Roll Cinnamon	1.00	Each	18.227
Sandwich Egg and Sausage	1.00	Each	24.026
Syrup Cup	1.00	Each	30.660
Texas Toast	1.00	Each	45.000
Waffle Dutch	1.00	Each	43.002
Yogurt Cherry	1.00	Each	20.072
Yogurt Raspberry	1.00	Each	19.278
Yogurt Strawberry Banana	1.00	Each	19.278