

<i>SY17 Breakfast Menu Items</i>	<i>CHO (gms/serving)</i>
<i>Bagel Sausage</i>	26
<i>Bagel Chicken</i>	34
<i>Bagel-Plain</i>	25
<i>Bar-BeneFit-Apple Cinnamon</i>	48
<i>Bar-BeneFit-Oatmeal Raisin</i>	48
<i>Bar-Cinnamon Toast Crunch</i>	30
<i>Bar-Nutrigrain-Apple Cinnamon</i>	30
<i>Bar-Nutrigrain-Strawberry</i>	29
<i>Bar-UBR (each)</i>	26
<i>Biscuit-Chicken Filet</i>	36
<i>Biscuit-Plain</i>	27
<i>Biscuit-Sausage</i>	28
<i>Burrito-Potato Bacon</i>	25
<i>Burrito-Sausage, Egg &amp; Cheese</i>	25
<i>Cereal-Cinnamon Toast Crunch</i>	22
<i>Cereal-Frosted Mini Wheats</i>	24
<i>Cereal-ToGo-Cinn Toast Crunch</i>	22
<i>Cereal-ToGo-Fruity Cheerios</i>	20
<i>Cereal-ToGo-Golden Grahams</i>	24
<i>Chicken Filet-Plain</i>	9
<i>Condiments-Jelly</i>	9
<i>Condiments-Ketchup</i>	5
<i>Condiments-Syrup Cup-Heinz</i>	32
<i>Condiments-Syrup Cup-Sugar Free</i>	4
<i>English Muffin-Sausage</i>	26
<i>English Muffin-Chicken</i>	33
<i>English Muffin-Plain</i>	24
<i>Flatbread</i>	26
<i>French Toast Minis-Triple Berry</i>	37
<i>Frudel-Apple</i>	36
<i>Frudel-Cherry</i>	37
<i>Fruit-Fresh</i>	15
<i>Grits-Cheese (1 cup)</i>	33
<i>Grits-Bacon (1 cup)</i>	37
<i>Milk-Fat Free, Chocolate</i>	19
<i>Milk-Skim &amp; 1%</i>	12
<i>Milk-Soy Chocolate</i>	19
<i>Milk-Soy Vanilla</i>	25
<i>Mini Cinnis (Mini Cinnamon Rolls)</i>	40
<i>Muffin-Blueberry</i>	59
<i>Oatmeal-Plain (1 cup)</i>	35

<i>Pancakes-Mini</i>	<i>41</i>
<i>Pancakes Sausage Stick</i>	<i>17</i>
<i>PopTart-Strawberry, Twin Pack</i>	<i>75</i>
<i>Waffle-Blueberry</i>	<i>43</i>
<i>Waffle-Chocolate Chip</i>	<i>43</i>
<i>Waffle-Maple</i>	<i>42</i>
<i>Wrap-Grab-Turkey Sausage &amp; Egg</i>	<i>22</i>