

FARM TO SCHOOL BREAKFAST CARB COUNTS SY 2021-

This menu applies to Farm to School sites: **Oahu:** Mililani High School, Mililani Uka Elementary, Mililani Waena Elementary; **Hawaii Island:** Kohala Elementary, Kohala Middle, and Kohala High school

Values are listed as grams (g) of carbohydrates per grade-appropriate portion size and are rounded to the nearest whole number.

Unless otherwise indicated, portion sizes vary per grade level and are noted in (). Fresh fruit offered per grade-appropriate portion size may vary by season and availability.

KEY:

K- Kindergarten

A- Adult

WG- Whole Grain

BREAKFAST ENTREES	SERVING SIZE	CARBS (G)
APPLESAUCE BREAD	1 SLICE (Pre-K-8)	30
	2 SLICES (9-A)	60
FRENCH TOAST	1 PIECE (Pre-K-8)	18
	2 PIECES (9-A)	36
COFFEE CAKE	1 EA (Pre-K-A)	33
	2 EA	67
PORTUGUESE SAUSAGE	3 SLICES (1.6 OZ)	2
BROWN RICE	1/2 C	21
CINNAMON ROLL	1 EA	45
TOAST/WG ROLL	1.13 OZ	15
SCRAMBLED EGGS	1/3 C	2
BREAKFAST LOCO MOCO	1 EA (PATTY, 2 TBSP GRAVY, 1 OZ EQ LIQUID EGG)	3
PAPAYA BREAD	1 SLICE (Pre-K-8)	39
	2 SLICE (9-A)	78
BAGEL, PLAIN	1/2 BAGEL	30
FRIED RICE	1/2 C	24
EGG SALAD	1/4 C	1
HAM AND CHEESE BUN	1 EA (W/0.25 oz Ham) (PreK-8)	32
	1 EA (w/0.5 oz Ham) (9-A)	32
BAGEL, CINNAMON RAISIN	1/2 BAGEL	31
TURKEY HAM	1 SERV	0
BREAKFAST PIZZA	1 EA (4X5)	37
SWEET BREAD CINNAMON TOAST	1 OZ ROLL (Pre-K-8)	31
	2 OZ ROLL OR 2X 1 OZ ROLLS (9-A)	62
TURKEY HAM AND EGGS	1 SERV (3 TBSP EGG, 0.5 OZ HAM)	1
BREAKFAST CEREAL	SERVING SIZE	CARBS (G)
PUFFED RICE CEREAL	1 CONTAINER (28G)	23
MULTIGRAIN CHEERIOS	1 BOWL (28G)	23
OATMEAL	1/2 C (40G) (Pre-K)	27
	1 C (80G) (K-A)	54
BREAKFAST FRUIT	SERVING SIZE	CARBS (G)
CRAISINS, ORIGINAL	1 CONTAINER (1.16 OZ, 1/4 C)	27

CONDIMENTS/SAUCES/DRESSINGS	SERVING SIZE	CARBS (G)
MAPLE SYRUP, IMITATION	1 CONTAINER (42G)	31
KETCHUP	1 PKT	2
JELLY, CONCORD GRAPE, STRAWBERRY, MIXED FRUIT	1 EA (1/2 OZ)	9
CREAM CHEESE	1 OZ CUP	2
GRAINS (HAWAII ISLAND ONLY)	SERVING SIZE	CARBS (G)
WG ROLL (HAWAII ISLAND ONLY)	1 OZ ROLL (28G)	12
HAMBURGER BUN (HAWAII ISLAND ONLY)	1 BUN (60G)	26
WG BREAD SQUARE-SHAPED LOAF (HAWAII ISLAND ONLY)	1 SLICE (30G)	13
FRESH FRUIT	SERVING SIZE	CARBS (G)
APPLES, FUJI	1 C	16
	1/2 C	8
	1/4 C	4
BANANAS, RAW	1 C	51
	1/2 C	26
	1/4 C	13
	EX-SMALL (<6")	19
	SMALL (6"-6-7/8")	23
	MED (7"-7-7/8")	27
CANTALOUPE, RAW	1 C	14
	1/2 C	7
	1/4 C	4
HONEYDEW MELON, RAW	1 C	16
	1/2 C	8
	1/4 C	4
GRAPES, RED OR GREEN SEEDLESS, RAW	1 C	27
	1/2 C	14
	1/4 C	7
ORANGES, RAW, ALL COMMERCIAL VARIETIES	1 C	21
	1/2 C	11
	1/4 C	5
PAPAYAS, RAW	1 C	16
	1/2 C	8
	1/4 C	4
PEARS, RAW	1 C	21
	1/2 C	11
	1/4 C	5
PERSIMMONS, JAPANESE, RAW	1 C	37
	1/2 C	19
	1/4 C	9
PINEAPPLE, RAW, ALL VARIETIES	1 C	22
	1/2 C	11
	1/4 C	6
STRAWBERRIES, RAW	1 C	12
	1/2 C	6
	1/4 C	3

TANGERINES, RAW	1 C	26
	1/2 C	13
	1/4 C	7
	SMALL (2-1/4"DIA)	10
	MED (2-1/2"DIA)	12
	LARGE (2-3/4" DIA)	16
WATERMELON, RAW	1 C	12
	1/2 C	6
	1/4 C	3
MILK	SERVING SIZE	CARBS (G)
MILK, WHITE, 1%, LOW FAT	1/2 PT, 8 OZ	13
MILK, CHOCOLATE, NONFAT SKIM	1/2 PT , 8 OZ	22

Nutrient values are estimates only. Variations may occur due to product availability and food preparation. Nutrient levels may vary based on methods of preparation, origin, and freshness of ingredients, etc. While we do our best to ensure accuracy, we make no representation or warranty regarding the information contained in this document. Although we are providing nutritional information for our menus, the information in this document is for informational purposes only. No information, services or materials offered shall be construed as or understood to be medical advice or care.

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