

# STATEWIDE BREAKFAST CARB COUNTS SY 2022-2023

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)
APPLE JACKS BREAKFAST KIT	1 PKG	56
APPLESAUCE BREAD	1 OZ EQ (Pre-K)	30
	2 OZ EQ (K-A)	60
PLAIN BAGEL	1/2 BAGEL	30
BELGIAN WAFFLE	1 EA	37
BISCUIT	1 EA	22
BREADED CHICKEN PATTY	1 PIECE	9
BREAKFAST PIZZA BAGEL	1 EA	23
BROWN RICE	1/4 C (Pre-K)	11
	1/2 C (K-A)	21
CHEESE STUFFED STICKS	1 EA	14
CINNAMON POP TART BREAKFAST KIT	1 PKG	69
CINNAMON ROLL	1 EA (Pre-K)	17
	1 EA (K-A)	34
COFFEE CAKE	1 EA	33
COUNTRY BREAKFAST SCRAMBLE	1/4 C (Pre-K)	5
	1/2 C (K-A)	9
COUNTRY GRAVY PIZZA	1 EA	18
FRENCH TOAST STICKS	3 STICKS	23
FROOT LOOPS BREAKFAST KIT	1 PKG	56
FRUITED MUFFIN	1 EA	32
GRANOLA (CINNAMON, CHOCOLATE, OR STRAWBERRY FLAVOR)	1 PKG	21
PIZZA BAGEL	1 EA	23
PORK SAUSAGE PATTY	1 EA	0
PORTUGUESE SAUSAGE	2 SLICES	1
	3 SLICES	2
SCHOOL MADE CINNAMON ROLL	1 EA (Pre-K)	17
	1 EA (K-A)	34
STRAWBERRY BREAKFAST BAR BREAKFAST KIT	1 PKG	66
TOAST	1.13 OZ	15
WG TURKEY SAUSAGE 100% BREAKFAST SQUARE (BREAKFAST PIZZA)	1 EA	31
YOGURT (SUMMER BERRY OR VANILLA FLAVOR)	1 EA	12
BREAKFAST CEREAL	SERVING SIZE	CARBS (G)
APPLE CINNAMON CHEERIOS	1 BOWL	23
CINNAMON TOAST CRUNCH	1 BOWL	22
FRUITY CHEERIOS	1 BOWL	25
HONEY NUT CHEX	1 BOWL	27

MULTIGRAIN CHEERIOS	1 BOWL	23
<b>BREAKFAST FRUIT</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
CRAISINS (ORIGINAL OR STRAWBERRY)	1 EA (1/4 C)	27
DICED PEARS	1/2 C	16
FRUIT PUNCH	1 EA (4.23 FL OZ)	15
GRAPE JUICE	1 EA (4.23 FL OZ)	20
MIXED FRUIT	1/2 C	16
PARADISE PUNCH	1 EA (4.23 FL OZ)	14
PINEAPPLE CHUNKS	1/2 C	18
SLICED PEACHES	1/2 C	14
STRAWBERRY FLAVORED APPLE CHIPS	1 BAG	10
UNSWEETENED APPLESAUCE	1/2 C	15
<b>CONDIMENTS/SAUCES/DRESSINGS</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
CREAM CHEESE	1 EA	2
IMITATION MAPLE SYRUP	1 EA	31
JELLY (CONCORD GRAPE, STRAWBERRY, MIXED FRUIT)	1 EA	9
KETCHUP	1 EA	2
MARINARA SAUCE CUP	1 EA	7
<b>GRAINS (HAWAII ISLAND ONLY)</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
HAMBURGER BUN (HAWAII ISLAND ONLY)	1 BUN	26
WG BREAD SQUARE-SHAPED LOAF (HAWAII ISLAND ONLY)	1 SLICE	13
WG HOT DOG BUN (HAWAII ISLAND ONLY)	1 BUN	26
WG ROLL (HAWAII ISLAND ONLY)	1 OZ ROLL	12
<b>FRESH FRUIT</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
APPLES, FUJI	1 C	17
	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
	LARGE (8"-8-7/8")	31
	EX-LARGE (>9")	35
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 1/2 C 1/4 C	27 14 7
ORANGES, RAW, ALL COMMERCIAL VARIETIES	1 C 1/2 C 1/4 C	21 11 5
PAPAYAS, RAW	1 C 1/2 C 1/4 C	16 8 4
PEARS, RAW	1 C 1/2 C 1/4 C	21 11 5
PINEAPPLE, RAW, ALL VARIETIES	1 C 1/2 C 1/4 C	22 11 6
STRAWBERRIES, RAW	1 C 1/2 C 1/4 C	12 6 3
TANGERINES, RAW	1 C 1/2 C 1/4 C SMALL (2-1/4" DIA) MED (2-1/2" DIA) LARGE (2-3/4" DIA)	26 13 7 10 12 16
WATERMELON, RAW	1 C 1/2 C 1/4 C	12 6 3
<b>MILK</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
ASEPTIC CHOCOLATE NONFAT SKIM MILK (TRUE MOO)	1/2 PT , 8 OZ	24
FRESH CHOCOLATE NONFAT SKIM MILK (MEADOW GOLD, <u>HILO ONLY</u> )	1/2 PT , 8 OZ	23
FRESH CHOCOLATE NONFAT SKIM MILK (MEADOW GOLD)	1/2 PT , 8 OZ	19
UNSWEETENED SOY MILK	1/2 PT , 8 OZ	4
ASEPTIC 1% LOW FAT WHITE MILK (DAIRY PURE)	1/2 PT, 8 OZ	13
FRESH 1% WHITE LOW FAT MILK (MEADOW GOLD)	1/2 PT, 8 OZ	13
FRESH FAT FREE WHITE MILK (MEADOW GOLD)	1/2 PT, 8 OZ	13

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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