

# STATEWIDE BREAKFAST CARB COUNTS SY 2021-2022

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

<b>BREAKFAST ENTREES</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
FRENCH TOAST STICKS	3 STICKS (Pre-K)	23
	6 STICKS (K-A)	46
BREADED CHICKEN PATTY	1 PIECE	9
BREAKFAST PIZZA BAGEL	1 EA (3.11 OZ)	23
COFFEE CAKE	1 EA	33
SCHOOL MADE CINNAMON ROLL	1 EA (1 oz) (Pre-K)	17
	1 EA (2 oz) (K-A)	34
PORTUGUESE SAUSAGE	3 SLICES (1.6 OZ)	2
BISCUIT	1 EA	22
BROWN RICE	1/4 C (Pre-K)	11
	1/2 C (K-A)	21
MINI PANCAKES	1 PKG (3.17 OZ)	39
TOAST	1.13 OZ	15
WG TURKEY SAUSAGE 100% BREAKFAST SQUARE	1 EA (104G)	31
COUNTRY GRAVY PIZZA	1 EA (79 G)	18
BAGEL, PLAIN	1/2 BAGEL	30
CHICKEN SAUSAGE PATTY	1 EA (1.37 OZ)	<1
CHEESE STUFFED STICKS	1 EA	14
BELGIAN WAFFLE	1 EA (68G, 2.4 OZ)	37
FRUITED MUFFIN	1 EA	32
TURKEY HAM	2 OZ	0
<b>BREAKFAST CEREAL</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
PUFFED RICE CEREAL	1 CONTAINER (28G)	23
HONEY NUT CHEX	1 BOWL (31G)	27
CINNAMON TOAST CRUNCH	1 BOWL (28G)	22
MULTIGRAIN CHEERIOS	1 BOWL (28G)	23
FRUITY CHEERIOS	1 BOWL (31G)	25
OATMEAL	1/2 C (40G)	29
<b>BREAKFAST FRUIT</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
POWER PUNCH JUICE	1 EA (4.23 FL, OZ)	14
PINEAPPLE CHUNKS	1/2 C	18
CRAISINS	1 CONTAINER (1.16 OZ, 1/4 C)	24
SLICED PEACHES	1/2 C	14
DICED PEARS	1/2 C	16
MIXED FRUIT	1/2 C	16

APPLE CHIPS, STRAWBERRY FLAVORED	1 BAG (10 G, 3.4 OZ)	10
PARADISE PUNCH	1 EA (4.23 FL, OZ)	14
FRUIT PUNCH	1 EA (4.23 FL, OZ)	15
GRAPE JUICE	1 EA (4.23 FL, OZ)	20
APPLESAUCE, UNSWEETENED	1/2 C (135 G)	15
<b>CONDIMENTS/SAUCES/DRESSINGS</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
MAPLE SYRUP, IMITATION	1 CONTAINER (42G)	31
KETCHUP	1 PKT	2
JELLY, CONCORD GRAPE, STRAWBERRY, MIXED FRUIT	1 EA (1/2 OZ)	9
MARINARA SAUCE CUP	1 EA (2.5 OZ)	7
CREAM CHEESE	1 OZ CUP	2
<b>GRAINS (HAWAII ISLAND ONLY)</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
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
WG HOT DOG BUN (HAWAII ISLAND ONLY)	1 BUN (60G)	26
<b>FRESH FRUIT</b>	<b>SERVING SIZE</b>	<b>CARBS (G)</b>
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
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	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 1/2 C 1/4 C	16 8 4
PEARS, RAW	1 C 1/2 C 1/4 C	21 11 5
PERSIMMONS, JAPANESE, RAW	1 C 1/2 C 1/4 C	37 19 9
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>
MILK, WHITE, 1%, LOW FAT	1/2 PT, 8 OZ	13
MILK, CHOCOLATE, NONFAT SKIM	1/2 PT , 8 OZ	22
<p>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.</p>		

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