

Carb Counts for Breakfast Item Year 2013-14

Item	grams of carbs	Item	grams of carbs
Protein Items:		Beverages	
Yogurt--4 oz	16	Skim Milk	13
Ham and Cheese Croissant	25	Chocolate Tru Moo Milk	24
Breakfast Bagel	19.3	1% Milk	13
Breakfast Pizza/Gravy	26	Grape Juice 4 oz	21
Breakfast Pizza/Tom Sauce	17	Mayfield OJ 4 oz	14.5
Pancake/sausage on stick	22	Apple Juice 4 oz	15
Turkey Sausage Patty	0		
Chicken Breakfast Patty	7		
Steak Breakfast Patty	10		
Cheese Omelet Patty	2		
 Bread-Type Items		 Extras	
Biscuit	23	Gravy 1/4 c serving	3.5
French Toast Sticks (4)	42	Pancake syrup	31
Chocolate Muffin (1.8 oz)	23	Jelly Packet (.5oz)	9
Blueberry Muffin (1.8 oz)	22		
Pancakes in Bag--Maple	34		
Superdonut (2.2 oz)	30		
Superbun (2.8 oz)	31		
Waffle (1.25 oz)	16		
Cereal--Frosted Mini Wheat	23		
Cereal--RS Cocoa Puffs	21		
Cereal--Cheerios	14		
Cereal--HN Cheerios	22		
Cereal--Raisin Bran	27		
Poptart--Strawberry/whole grain	35		
Cinnamon Roll Wrapped	15		
Cinnamon Roll fresh baked	17		
Breakfast Toast	13.3		