

Carbohydrate Counts- Breakfast Items

Breakfast Entrees

Biscuit	24g
Blueberry Ultimate Breakfast Round	45g
Breakfast Flat Bread	17g
Breakfast Pizza - Bacon Scramble	16g
Breakfast Pizza - Sausage	22g
Canadian Bacon/Ham	1g
Cereal Bars	28g
Cinnamon Stick	30g
Cheese Biscuit	18g
Cheese Slice	2g
Cheese Stick	0g
Cheese Quesadilla	30g
Chicken Patty	6g
Cinnamon Roll (1)	31g
Diced Ham	1g
Egg & Cheese Omelet	2 g
Eggs	1g
French Toast Sticks 4 each	35g
Tropical French Toast Sticks - 3 ea	32g
French Toast - Whole Slice	34g
Grits/Cheese Grits	29g/31g
Hashbrowns	22g
Muffin	28g
Pancake Pups	26g
Pancakes 3oz	26g
Sausage Bites - 8=serving	14g
Sausage & Gravy Biscuit	30g
Sausage Patty	0g
Sausage, Egg & Cheese B'fast Flatbread	17g
Southwestern Topped Breakfast Toast	19g
Steak Patty	9g
Syrup	14g
Ultimate Breakfast Round	16g
Waffle sticks 2 each	26g
Zucchini Bread	43g

MILK

1/2 Pint 1% Low Fat WHITE	12g
1/2 Pint Fat Free STRAWBERRY	23g
1/2 pt. Fat Free CHOCOLATE	24g
1/2 Pt., Fat Free VANILLA	23g

Cereal

<u>Kelloggs</u>	
Apple Jacks	24g
Cocoa Krispies	34g
Complete Bran Flakes	26g
Corn Flakes	24g
Corn Pops	26g
Crispix	15g
Froot Loops	23g
Frosted Flakes	29g
Mini Wheat's	29g
Nut & Honey Crunch	26g
Raisin Bran	30g
Rice Krispies	21g
Smacks	28g
Special K	22g
<u>Malto meal cereals</u>	
Corn Flakes	25g
Toasty O'S	23g
Raisin Bran	29g
Rice Krispies	21g
Tootie Fruities	25g
Frosted Flakes	26g
Marshmallow Mateys	25g

Juice 4oz.

Apple	14g
Cranberry	15g
Fruit blend	15g
Grape	16g
Orange	13g
Orange-pineapple	16g