

Carbohydrate Counts- Breakfast Items

Breakfast Entrees

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| Apple Fruit Pocket | 54g |
| Biscuit | 24g |
| Blueberry Ultimate Breakfast Round | 45g |
| Breakfast Flat Bread | 17g |
| Breakfast Pizza - Bacon Scramble | 16g |
| Breakfast Pizza - Sausage | 22g |
| Breakfast Toast - Turkey/Sausage/Cheese | 19g |
| 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 |
| Chocolate Oatmeal Ultimate B'fast Round | 44g |
| Cinnamon Roll (1) | 31g |
| Diced Ham | 1g |
| Dutch Waffle | 43g |
| 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 |
| Pork Chop Patty 1.8 oz | 8 g |
| Sausage Bites - 8=serving | 14g |
| Sausage & Gravy Biscuit | 30g |
| Sausage Patty | 0g |
| Sausage Breakfast Round | 19g |
| Sausage Breakfast Bagel | 30g |
| Sausage, Egg & Cheese B'fast Flatbread | 17g |
| Southwestern Topped Breakfast Toast | 19g |
| Steak Patty | 9g |
| Syrup - Maple 1.5 oz | 31g |

Cereal

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| <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 |

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| <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.

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

MILK

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| 1/2 Pint 1% Low Fat WHITE | 12g |
| 1/2 Pint Fat Free CHOCOLATE | 19g |

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| Syrup - sugar free | 10 g |
| Ultimate Breakfast Round - Cinnamon | 16g |
| Waffle sticks 2 each | 26g |
| Zucchini Bread | 43g |