

# Recipe List Report

Organization: Pickens School District

Included Recipes: All Recipes

Include Ingredients: No

Category: Breakfast Entree

Status: Active, Inactive

| Name                                            | Number  | Category         | Serving Size | Cal. (kcal) | Sat. Fat (gm) | Sod. (mg) | Added Sugars (gm) | Cholesterol (mg) | Dietary Fiber (gm) | Total Sugars (gm) | Protein (gm) | Total Carbohydrate (gm) | Total Fat (gm) | Trans Fat (gm) |
|-------------------------------------------------|---------|------------------|--------------|-------------|---------------|-----------|-------------------|------------------|--------------------|-------------------|--------------|-------------------------|----------------|----------------|
| Apple Cinnamon Texas Toast BRK-25 SDPC          | 1908535 | Breakfast Entree | 1 each       | 320.000     | 2.500         | 450.000   | 12.000            | 0.000            | 4.000              | 17.000            | 5.000        | 46.000                  | 14.000         | 0.000          |
| Apple Frudel Pillsbury BRK-27 SDPC              | 1908570 | Breakfast Entree | 1 each       | 180.000     | 0.000         | 240.000   | 6.000             | 0.000            | 2.000              | 7.000             | 4.000        | 34.000                  | 4.000          | 0.000          |
| Banana Bread (Super Bakery) BRK-42 SDPC         | 2117763 | Breakfast Entree | 1 each       | 260.000     | 1.500         | 240.000   | 22.000            | 0.000            | 2.000              | 23.000            | 5.000        | 44.000                  | 8.000          | 0.000          |
| Blueberry Bread (Super Bakery) BRK-22 SDPC      | 1908524 | Breakfast Entree | 1 each       | 270.000     | 1.500         | 250.000   | 23.000            | 0.000            | 2.000              | 23.000            | 5.000        | 45.000                  | 8.000          | 0.000          |
| Blueberry Chex Cereal Bowl BRK-62 SDPC          | 2213296 | Breakfast Entree | 1 each       | 240.000     | 0.000         | 320.000   | 11.000            | 0.000            | 1.000              | 11.000            | 3.000        | 46.000                  | 5.000          | 0.000          |
| Blueberry Super Stars (Donut Holes) BRK-21 SDPC | 1908521 | Breakfast Entree | 1 each       | 270.000     | 4.000         | 220.000   | 20.000            | 0.000            | 2.000              | 21.000            | 4.000        | 41.000                  | 10.000         | 0.000          |
| Blueberry Waffle Pillsbury BRK-13 SDPC          | 1908493 | Breakfast Entree | 1 each       | 210.000     | 1.000         | 170.000   | 10.000            | 0.000            | 3.000              | 10.000            | 3.000        | 37.000                  | 6.000          | 0.000          |
| Canadian Bacon with Eggs BRK-43 SDPC            | 2056249 | Breakfast Entree | 3 Each       | 150.318     | 3.006         | 781.656   | 0.000             | 90.191           | 0.000              | 0.000             | 21.045       | 0.000                   | 7.516          | 0.000          |
| Cheese Omelette BRK-59 SDPC                     | 2212280 | Breakfast Entree | 1 each       | 190.000     | 6.000         | 540.000   | 0.000             | 260.000          | 0.000              | 2.000             | 12.000       | 4.000                   | 14.000         | 0.000          |
| Cheese Toast BRK-52 SDPC                        | 1428358 | Breakfast Entree | 1 serving    | 160.000     | 3.500         | 415.000   | 1.000             | 15.000           | 1.000              | 3.000             | 10.000       | 17.000                  | 7.000          | 0.000          |
| Cherry Frudel Pillsbury BRK-7 SDPC              | 1899170 | Breakfast Entree | 1 each       | 180.000     | 0.000         | 240.000   | 6.000             | 0.000            | 2.000              | 7.000             | 4.000        | 34.000                  | 4.000          | 0.000          |
| Chicken Biscuit BRK-30 SDPC                     | 1908670 | Breakfast Entree | 1 each       | 290.000     | 6.500         | 550.000   | 2.000*            | 40.000           | 3.000              | 3.000             | 16.000       | 31.000                  | 11.000         | 0.000          |
| Chicken Biscuit (Snack-Time IW) BRK-40 SDPC     | 2117754 | Breakfast Entree | 1 each       | 230.000     | 5.000         | 750.000   | 0.000             | 0.000            | 1.000              | 2.000             | 10.000       | 29.000                  | 11.000         | 0.000          |

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|-----------------------------------------------------------------------------------------|---------|------------------|--------------|-------------|---------------|-----------|-------------------|------------------|--------------------|-------------------|--------------|-------------------------|----------------|----------------|
| Chicken & French Toast Sticks BRK-50 SDPC                                               | 2136136 | Breakfast Entree | 1 1          | 220.000     | 1.250         | 450.000   | 4.000             | 15.000           | 1.500              | 5.500             | 10.000       | 28.000                  | 8.000          | 0.000          |
| Chicken Littles BRK-35 SDPC                                                             | 1676984 | Breakfast Entree | 1 each       | 255.000     | 2.500         | 455.000   | 4.000             | 40.000           | 2.500              | 4.000             | 14.000       | 32.500                  | 7.500          | 0.000          |
| Cinnamon Chex Cereal Bowl BRK-61 SDPC                                                   | 2213292 | Breakfast Entree | 1 each       | 230.000     | 0.000         | 340.000   | 12.000            | 0.000            | 3.000              | 12.000            | 3.000        | 46.000                  | 5.000          | 0.000          |
| Cinnamon Toast Crunch Cereal Bar 48/2.5oz BRK-36 SDPC                                   | 1908928 | Breakfast Entree | 1 each       | 260.000     | 0.000         | 210.000   | 14.000            | 0.000            | 4.000              | 15.000            | 4.000        | 53.000                  | 4.000          | 0.000          |
| Cinnamon/Zucchini Bread (Super Bakery) BRK-23 SDPC                                      | 1908526 | Breakfast Entree | 1 each       | 270.000     | 1.500         | 260.000   | 23.000            | 0.000            | 2.000              | 24.000            | 5.000        | 46.000                  | 8.000          | 0.000          |
| Cinni Mini Pillsbury BRK-12 SDPC                                                        | 1908492 | Breakfast Entree | 1 each       | 210.000     | 2.000         | 260.000   | 9.000             | 0.000            | 3.000              | 11.000            | 4.000        | 37.000                  | 6.000          | 0.000          |
| Donuts Chocolate (Super Bakery) BRK-5 SDPC                                              | 1899159 | Breakfast Entree | 1 each       | 320.000     | 9.000         | 260.000   | 18.000            | 0.000            | 3.000              | 19.000            | 5.000        | 42.000                  | 16.000         | 0.000          |
| Donuts Powdered (Super Bakery) BRK-6 SDPC                                               | 1899161 | Breakfast Entree | 1 each       | 270.000     | 4.500         | 240.000   | 19.000            | 0.000            | 2.000              | 19.000            | 4.000        | 41.000                  | 10.000         | 0.000          |
| Dutch Waffles BRK-11 SDPC                                                               | 1908491 | Breakfast Entree | 1 each       | 330.000     | 3.000         | 330.000   | 11.000            | 15.000           | 3.000              | 12.000            | 4.000        | 38.000                  | 19.000         | 0.000          |
| Egg & Cheese on English Muffin BRK-38 SDPC                                              | 1909424 | Breakfast Entree | 1 each       | 200.000     | 1.500         | 320.000   | 1.000             | 80.000           | 2.000              | 2.000             | 9.000        | 24.000                  | 7.000          | 0.000          |
| French Toast Chocolate Chip (Kellogg's) BRK-45 SDPC                                     | 2133612 | Breakfast Entree | 1 each       | 190.000     | 1.500         | 210.000   | 11.000            | 0.000            | 6.000              | 11.000            | 4.000        | 37.000                  | 5.000          | 5.000          |
| French Toast, Sticks, Whole Grain, 119.6/3.21oz, 24#, 2WG, Farm Rich, 37722 BRK-51 SDPC | 2135400 | Breakfast Entree | 1 serving    | 260.000     | 1.500         | 300.000   | 8.000             | 0.000            | 3.000              | 9.000             | 6.000        | 38.000                  | 10.000         | 0.000          |
| Hadley Farms Cinnamon Roll IW BRK-17 SDPC                                               | 1908500 | Breakfast Entree | 1 each       | 240.000     | 1.500         | 240.000   | 11.000            | 0.000            | 3.000              | 12.000            | 5.000        | 38.000                  | 7.000          | 0.000          |
| Ham and Cheese on Hawaiian BRK-28 SDPC                                                  | 1908577 | Breakfast Entree | 1 each       | 198.190     | 1.900         | 475.930   | 1.090             | 18.830           | 2.000              | 3.320             | 10.670       | 24.780                  | 5.810          | 0.000          |
| Honey Bun (Super Bakery) BRK-9 SDPC                                                     | 1899182 | Breakfast Entree | 1 each       | 270.000     | 5.000         | 320.000   | 10.000            | 0.000            | 3.000              | 11.000            | 5.000        | 35.000                  | 13.000         | 0.000          |
| Honey Cheerios 2oz. Bowl BRK-34 SDPC                                                    | 1908762 | Breakfast Entree | 1 each       | 210.000     | 0.000         | 340.000   | 12.000            | 0.000            | 5.000              | 12.000            | 6.000        | 44.000                  | 3.000          | 0.000          |
| Lemon Bread (Super Bakery) BRK-24 SDPC                                                  | 1908527 | Breakfast Entree | 1 each       | 230.000     | 1.500         | 250.000   | 15.000            | 0.000            | 2.000              | 15.000            | 5.000        | 44.000                  | 8.000          | 0.000          |

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|---------------------------------------------------------------------------------------------|---------|------------------|--------------|-------------|---------------|-----------|-------------------|------------------|--------------------|-------------------|--------------|-------------------------|----------------|----------------|
| Lucky Charms 2oz. Bowl BRK-33 SDPC                                                          | 1908757 | Breakfast Entree | 1 each       | 210.000     | 0.000         | 440.000   | 12.000            | 0.000            | 5.000              | 12.000            | 5.000        | 45.000                  | 2.000          | 0.000          |
| Maple Sausage Taquito BRK-39 SDPC                                                           | 1917361 | Breakfast Entree | 1 each       | 120.000     | 0.000         | 340.000   | 2.000             | 30.000           | N/A*               | 2.000             | 10.000       | 15.000                  | 3.000          | 0.000          |
| Mini Blueberry Pancakes (Dewafelbakkers) BRK-16 SDPC                                        | 1908496 | Breakfast Entree | 1 each       | 200.000     | 0.000         | 290.000   | 12.000            | 5.000            | 2.000              | 13.000            | 3.000        | 38.000                  | 4.000          | 0.000          |
| Mini Maple Pancakes (Kelloggs) BRK-14 SDPC                                                  | 1908494 | Breakfast Entree | 1 each       | 200.000     | 1.000         | 210.000   | 10.000            | 0.000            | 4.000              | 10.000            | 4.000        | 35.000                  | 6.000          | 0.000          |
| Mini Maple Waffles (Eggo) BRK-20 SDPC                                                       | 1908513 | Breakfast Entree | 1 each       | 180.000     | 1.500         | 200.000   | 8.000             | 0.000            | 5.000              | 9.000             | 4.000        | 35.000                  | 5.000          | 0.000          |
| Mini Strawberry Bagel (Pillsbury) BRK-19 SDPC                                               | 1908503 | Breakfast Entree | 1 each       | 240.000     | 2.000         | 190.000   | 10.000            | 10.000           | 2.000              | 12.000            | 6.000        | 42.000                  | 6.000          | 0.000          |
| Mini Strawberry Pancakes (Dewafelbakkers) BRK-15 SDPC                                       | 1908495 | Breakfast Entree | 1 each       | 200.000     | 0.500         | 260.000   | 13.000            | 5.000            | 2.000              | 13.000            | 3.000        | 38.000                  | 4.000          | 0.000          |
| Mocha Crumble BRK-47 SDPC                                                                   | 2135091 | Breakfast Entree | 1 serving    | 299.520     | 2.496         | 269.760   | 9.024             | 34.560           | 2.016              | 22.003            | 6.000        | 36.998                  | 12.000         | 0.000          |
| Muffin Blueberry (Buena Vista) BRK-3 SDPC                                                   | 1899145 | Breakfast Entree | 1 EACH       | 270.000     | 1.000         | 290.000   | 12.000            | 30.000           | 0.000              | 13.000            | 5.000        | 42.000                  | 9.000          | 0.000          |
| Muffin & Cheese Stick BRK-48 SDPC                                                           | 2135293 | Breakfast Entree | 1 ea         | 250.000     | 4.000         | 330.000   | 15.000            | 50.000           | 2.000              | 17.000            | 10.000       | 30.000                  | 9.000          | 0.000          |
| Muffin Chocolate Chip (Buena Vista) BRK-4 SDPC                                              | 1899151 | Breakfast Entree | 1 each       | 290.000     | 1.500         | 290.000   | 14.000            | 30.000           | 0.000              | 15.000            | 5.000        | 45.000                  | 10.000         | 0.000          |
| Oatmeal Round, Soft, Banana Chocolate Chip, 72/2.32oz, (Nature Valley) 17364000 BRK-53 SDPC | 2135098 | Breakfast Entree | 1 serving    | 270.000     | 4.000         | 230.000   | 10.000            | 5.000            | 6.000              | 12.000            | 5.000        | 38.000                  | 11.000         | 0.000          |
| Omelette Plain BRK-60                                                                       | 2212286 | Breakfast Entree | 1 each       | 140.000     | 3.500         | 290.000   | 0.000             | 250.000          | 0.000              | 2.000             | 9.000        | 3.000                   | 10.000         | 0.000          |
| Overnight Oats BRK-5 SDPC                                                                   | 1415485 | Breakfast Entree | 1 Each       | 324.125     | 1.987         | 146.850   | 0.000*            | 11.125           | 4.000              | 40.405            | 12.539       | 59.905                  | 4.281          | 0.000*         |
| Pancake Pup BRK-10 SDPC                                                                     | 1899184 | Breakfast Entree | 1 each       | 150.000     | 2.000         | 390.000   | 6.000             | 20.000           | 1.000              | 6.000             | 8.000        | 18.000                  | 5.000          | 0.000          |
| Pizza Bagel, Breakfast, Sausage, IW, 96/4oz, Nardone Bros, M96WBBS                          | 1409193 | Breakfast Entree | 1 serving    | 260.000     | 3.500         | 463.000   | 3.000             | 25.000           | 4.000              | 4.000             | 14.000       | 33.000                  | 8.000          | 0.000          |
| Pop Tarts, Frosted Blueberry, Twin Pack, 72/3.3oz., 2WG, 3800017199 BRK-54 SDPC             | 2135080 | Breakfast Entree | 1 serving    | 340.000     | 2.000         | 220.000   | 23.000            | 0.000            | 6.000              | 24.000            | 4.000        | 72.000                  | 5.000          | 0.000          |

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|---------------------------------------------------------------------------------|---------|------------------|--------------|-------------|---------------|-----------|-------------------|------------------|--------------------|-------------------|--------------|-------------------------|----------------|----------------|
| Pop Tarts, Frosted Cinnamon, Twin Pack, 72/3.3oz, 2.5WG, 3800055125 BRK-55 SDPC | 2135084 | Breakfast Entree | 1 serving    | 350.000     | 2.000         | 240.000   | 30.000            | 0.000            | 6.000              | 30.000            | 5.000        | 73.000                  | 6.000          | 0.000          |
| Pop Tarts, Frosted Fudge, Twin Pack, 72/3.3oz, 2.5WG, 3800012073 BRK-57 SDPC    | 2135086 | Breakfast Entree | 1 serving    | 340.000     | 2.000         | 240.000   | 24.000            | 0.000            | 6.000              | 24.000            | 5.000        | 72.000                  | 6.000          | 0.000          |
| Pop Tarts, Frosted Strawberry, Twin Pack, 72/3.3oz, 2WG, 3800055133 BRK-56 SDPC | 2135089 | Breakfast Entree | 1 serving    | 340.000     | 2.000         | 220.000   | 23.000            | 0.000            | 6.000              | 24.000            | 4.000        | 72.000                  | 5.000          | 0.000          |
| Sausage Biscuit and Gravy BRK-8 SDPC                                            | 1899181 | Breakfast Entree | 1 each       | 288.735     | 8.111         | 722.979   | 2.250             | 12.500           | 2.000              | 2.250             | 7.000        | 33.775                  | 13.541         | 0.000          |
| Sausage Biscuit BRK-31 SDPC                                                     | 1908731 | Breakfast Entree | 1 Each       | 265.000     | 7.500         | 510.000   | 2.500             | 25.000           | 2.000              | 2.500             | 10.000       | 24.500                  | 14.000         | 0.000          |
| Sausage Biscuit (Snak-Time IW) BRK-41 SDPC                                      | 2117760 | Breakfast Entree | 1 each       | 290.000     | 8.000         | 750.000   | N/A*              | 20.000           | 1.000              | 1.000             | 8.000        | 23.000                  | 17.000         | N/A*           |
| Sausage Breakfast Pizza Bagel (Nardone's) M96WBTS1 BRK-2 SDPC                   | 1899119 | Breakfast Entree | 1 each       | 260.000     | 3.500         | 463.000   | 3.000             | 25.000           | 4.000              | 4.000             | 14.000       | 33.000                  | 8.000          | 0.000          |
| Sausage Breakfast Pizza (Nardone's) 80WS100 BRK-1 SDPC                          | 1899102 | Breakfast Entree | 1 each       | 210.000     | 4.000         | 300.000   | 1.000             | 25.000           | 2.000              | 3.000             | 10.000       | 22.000                  | 9.000          | 0.000          |
| Sausage Egg and Cheese Calzone BRK-26 SDPC                                      | 1908543 | Breakfast Entree | 1 each       | 200.000     | 3.000         | 310.000   | 2.000             | 70.000           | 2.000              | 2.000             | 10.000       | 25.000                  | 9.000          | 0.000          |
| Sausage Griddle Sandwich BRK-37 SDPC                                            | 1908951 | Breakfast Entree | 1 each       | 140.000     | 1.000         | 240.000   | 6.000             | 25.000           | 1.000              | 6.000             | 8.000        | 16.000                  | 5.000          | 0.000          |
| Sausage Patty BRK-58 SDPC                                                       | 2056231 | Breakfast Entree | 1 Each       | 80.000      | 2.000         | 310.000   | 1.000             | 25.000           | 0.000              | 1.000             | 8.000        | 1.000                   | 5.000          | 0.000          |
| Scrambled Eggs ( Bag Scrambled) M-48 SDPC                                       | 2056540 | Breakfast Entree | 2 oz         | 90.000      | 1.750         | 240.000   | 0.000             | 155.000          | 0.000              | 1.500             | 5.500        | 1.500                   | 6.500          | 0.000          |
| Soft Filled Cinnamon Toast Crunch ( Pillsbury) BRK-18 SDPC                      | 1908501 | Breakfast Entree | 1 each       | 230.000     | 2.000         | 280.000   | 10.000            | 5.000            | 3.000              | 12.000            | 5.000        | 42.000                  | 6.000          | 0.000          |
| Steak Biscuit BRK-29 SDPC                                                       | 1908655 | Breakfast Entree | 1 each       | 350.000     | 10.000        | 680.000   | 2.000*            | 15.000           | 3.000              | 2.000             | 12.000       | 32.000                  | 20.000         | 0.000          |
| Strawberry Pancake Puffs BRK-46 SDPC                                            | 2133623 | Breakfast Entree | 1 each       | 190.000     | 1.000         | 160.000   | 7.000             | N/A*             | 3.000              | 8.000             | 3.000        | 33.000                  | 6.000          | N/A*           |
| Sunrise Waffle BRK-44 SDPC                                                      | 2136160 | Breakfast Entree | 1 serving    | 230.000     | 1.000         | 220.000   | 6.000             | 35.000           | 4.000              | 12.000            | 8.000        | 37.000                  | 6.000          | 0.000          |
| Ultimate Breakfast Round BRK-32 SDPC                                            | 1908744 | Breakfast Entree | 1 each       | 270.000     | 3.000         | 180.000   | 18.000            | 5.000            | 5.000              | 19.000            | 5.000        | 44.000                  | 8.000          | 0.000          |

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|---------------------------------|---------|------------------|--------------|-------------|---------------|-----------|-------------------|------------------|--------------------|-------------------|--------------|-------------------------|----------------|----------------|
| Yogurt with Granola BRK-49 SDPC | 2136101 | Breakfast Entree | 1 1          | 200.000     | 0.000         | 130.000   | 11.000            | 0.000            | 2.000              | 17.000            | 6.000        | 31.000                  | 4.500          | 0.000          |

\* Indicates missing Nutrient information.