

# BREAKFAST

## Watervliet City School District

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### Recipe Carbohydrates List

Nov 30, 2016

No.	Description	Portion Size	Carbohydrates (Grams)
000238	Bagel w/ Egg & Cheese	Sandwich	27.89
000237	Bagel w/Egg,Bacon & Cheese	Sandwich	27.89
000216	Bagel, 100% wh. we	2.3	30.55
000236	Bagel, Sausage & Cheese	Sandwich	27.89
000172	Cereal Bar, Cinn. toast Crunch	bar	30.00
000173	Cereal Bar, Glden. Grm.	bar	30.00
000207	Cereal Bars, Team Cheerios	Bar	30.00
000164	Cereal, Cheerios	bowls	20.00
000165	Cereal, Cinn. Tst. Crh.	bowls	22.00
000203	Cereal, Cocoa Puffs	1 Bowl	24.99
000168	Cereal, Frosted Flakes	1 Bowl	25.00
000166	Cereal, Frt. Loops	bowl	24.00
000206	Cereal, Lucky Charms	1 Bowl	23.00
000170	Cream Cheese	.75 oz	1.01
000082	Fresh Fruit, apple	1/2 cup	15.78
000089	Fresh Fruit, Banana	1/2 cup	26.10
000087	Fresh Fruit, oranges	1/2 cup	13.43
000104	Fruit Juice, Apple	4 oz	13.00
000106	Fruit Juice, Fruit Punch	4 oz	14.00
000105	Fruit Juice, Orange	4 oz	13.00
000073	Milk, 1%	8 OZ	11.00
000108	Milk, FF choc.	8 oz	11.00
000215	Muffins, Chocolate Chip	99 grams	54.41
000171	Peanut Butter	oz	6.80
000218	Syrup, pack	2 oz pk	30.00
000220	WG French Toast, Aunt Jermima	2 Slices	41.00
000235	WG Pancakes, Aunt Jermima	2 pancakes	27.47
000219	WG Waffles, Aunt Jermima	2 waffles	32.00
000213	Yogurt, Rasp. Rainbow	Container	20.00
000209	Yogurt, Strw. Banana	Container	20.00

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**