

Hall County School Nutrient Information

Nutrient values are approximate and may vary because of substitutions in ingredients, portioning and changes in manufacturing. Nutrient information is not intended to be used for medical conditions and is subject to change without notice.									
Breakfast Entrée and Side Menu Items for ES, MS, & HS	Serving Size	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Pancakes, Cinnamon Glazed (IW)	1 pk (3 oz.)	190	7	8	1	245	25	<1	5
Applesauce Cups	1 (113g)	45	0	0	0	20	12	2	0
Applesauce Cups, Strawberry	1 (113g)	45	0	0	0	20	12	2	0
Bagel, Breakfast Pizza	1 (2.6 oz.)	160	6	1.5	0	390	19	1	9
Bagelers, Cinn. Brown Sug	1 (71g)	190	4	2.5	0	220	35	3	6
Bagelers, Plain	1 (71g)	190	6	3	0	230	31	3	6
Biscuit	56g	190	9	6	0	660	23	1	4
Biscuit with Chicken	1 (102g)	300	12.5	6.5	0	940	36	2	11
Biscuit with Ham	1 sandwich	350	23	11	0	930	24	1	11
Biscuit with Sausage	1 sandwich	440	19	9	-	1080	25	1	12
Burrito, Turkey Sausage, Egg, and Cheese	1 (3 oz.)	190	5	2	0	385	27	1	9
Cereal Bar, Cinnamon Toast (MS & HS only)	1 bar (45g)	180	4	1.5	-	140	33	1	3
Cereal Bar, Cocoa Puffs (MS & HS only)	1 bar (40g)	170	4.5	1.5	-	125	29	1	3
Cereal Bar, Fruity Cheerios (MS & HS only)	1 bar (37g)	150	4	0.5	0	120	28	1	2
Cereal Bar, Team Cheerios (MS & HS only)	1 bar (37g)	150	3.5	0	0	125	28	2	2
Cereal Bar, Trix (MS & HS only)	1 bar (40g)	160	4	1.5	0	110	29	1	3
Cereal, Cheerios	1 bowl (19g)	70	1	0	0	130	14	2	2
Cereal, Cinnamon Toast Crunch	1 bowl (28g)	130	3	0	0	200	22	1	1
Cereal, Froot Loops, 1/3 less sugar	1 bowl (19g)	70	0.5	0	0	105	16	0	1
Cereal, Frosted Flakes, 1/3 less sugar	1 bowl (28g)	100	0	0	0	160	25	0	1
Cereal, Frosted Mini Wheats	1 bowl (28g)	100	0	0	0	0	23	3	3
Cereal, Fruity Cheerios	1 bowl (27g)	90	1	0	0	120	20	1	1
Cereal, Golden Grahams	1 bowl (28g)	110	1	0	0	280	24	1	1
Cereal, Honey Nut Cheerios	1 bowl (28g)	110	1.5	0	0	190	22	2	3
Cereal, Lucky Charms	1 bowl (28g)	110	1	0	0	190	23	1	2
Cereal, Raisin Bran	1 bowl (35.4g)	110	1	0	0	210	27	4	3
Cereal, Total	1 bowl (19g)	70	0.5	0	0	150	17	2	2
Cereal, Trix, Reduced Sugar	1 bowl (24g)	100	1	0	0	160	21	<1	1
Chicken Patty	1 (1.6 oz)	110	3.5	0.5	0	280	13	1	7
Cinnamania Snacks, Cinnamon Bun	50g	230	8	2.5	0	220	37	1	3
Cinnamania Snacks, French Toast	50g	230	8	2.5	0	220	36	1	3
Cinnamania Snacks, Vanilla Graham	50g	230	8	2.5	0	220	37	2	3
Cinnamon Glazed Toast (IW)	1 (3.25oz)	220	7	2	0	330	31	1	8
Cinnamon Oatmeal (based on Diabetic Food Exchange)	1/2 cup	80	1	0	0	4	15	1.5	3
Eggs, scrambled (based on Diabetic Food Exchange)	1/2 cup	35	1	0	0	100	0	0	7
French Toast Sticks	2 sticks (74g)	210	7	1	0	250	33	2	4
Grits (based on Diabetic Food Exchange)	1/2 cup	80	0.5	0	0	4	15	0	3
Grits, Cheese	1/2 cup	95	2	0.5	0	90	15	0	3
Ham, Breakfast	1 patty (1oz.)	160	14	5	0	270	1	0	7
Honey Wheat Breakfast Bar (Simply Blues)	1 (2.5oz)	330	15	3.5	0	260	38	2	4
Hot Pocket, Cheese Pizza	1 (2.2 oz.)	170	7	2	-	350	19	1	8
Hot Pocket, Fiesta Egg & Cheese	1 (2.2 oz.)	140	5	1.5	-	290	18	2	7
Hot Pocket, Turkey Sausage, Egg, Cheese	1 (2.2 oz.)	140	5	2	-	330	18	1	7
Mini Apple Loaf (IW)	57g	180	6	1	0	180	29	2	3

Hall County School Nutrient Information

Nutrient values are approximate and may vary because of substitutions in ingredients, portioning and changes in manufacturing. Nutrient information is not intended to be used for medical conditions and is subject to change without notice.

Breakfast Entrée and Side Menu Items for ES, MS, & HS	Serving Size	Calories	Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Mini Banana Loaf (IW)	1 (2.0oz)	180	6	1	0	170	30	2	3
Mini Blueberry Loaf (IW)	1 (2.0oz)	170	6	1	0	180	29	2	3
Pancakes, A+ (Made with sweet potato)	1 (3.2 oz.)	220	5	1	0.5	200	40	1	2
Pancakes, Mini, Maple-flavored	1 pk (90g)	200	6	1	0	370	34	2	4
Pancakes, Mini, Strawberry-flavored	1 pk (90g)	200	6	1	0	370	34	2	4
Pancakes, Original	2 each (68g)	150	2	0	-	395	28	<1	4
Pizza, Breakfast (Tony's)	1 serving (2.4oz.)	160	7		-	480	17	<1	8
Pizza, DoubleStuff Sausage & Gravy (MS only)	1 (3.05 oz.)	220	9	3	0	550	26	3	10
Pop Tart, Blueberry, Frosted	1 (1.8oz)	200	5	2.5	0	170	37	<1	2
Pop Tart, Strawberry, Frosted	1 (1.8oz)	200	5	1.5	0	160	37	<1	2
Pop Tart, Whole Grain Strawberry	1 (50g)	190	5	1.5	0	160	35	3	2
Pretzel Stick, Strawberry Cream Cheese	1 (60g)	170	5		0	240	28	1	5
Sausage Pattie	2 oz	140	10	3	-	420	2	0	8
Snackin Waffle, Blueberry	1 (62g)	230	8	3	0	230	34	1	5
Snackin Waffle, Cinnamon	1 (62g)	230	9	3.5	0	260	33	1	5
Snackin Waffle, Maple	1 (62g)	230	9	3.5	0	260	33	1	5
Super Bun, Honey (Superbakery)	70g	270	15	4.5	0	150	31	1	5
SuperPretzel, Cinnamon Raisin (MS only)	1 (2.5 oz.)	190	1	0	0	220	39	2	6
SuperPretzel, Wheat (MS only)	1 (2.5 oz.)	170	1	0	0	150	36	1	6
Ultimate Breakfast Bar (UBR) (MS & HS only)	1 (67g)	260	8	3	0	250	44	6	4
Waffles	3 waffles (75g)	200	6	1	-	560	32	1	4
Whole Wheat Breakfast Bun (Simply Blues)	1 (2.6oz)	250	8	2	0	290	37	5	6
Zooms, Turkey Sausage & Cheese	1 (85g)	230	9	5	0	500	26	5	11

**bolded items are used for Breakfast in the Classroom or Breakfast in a Bag (only at select Middle Schools)