

Granite School District - Traditional Elementary Breakfast

Dec 01 thru Dec 21, 2018

Date : 12/03/2018

Name	Serving Size	Carb (g)
PANCAKES, WG, BUTTERMILK, BULK	1.00 Serving	28.000
CEREAL, BULK, CINN TOAST CRUNCH	1.00 Serving (3/4 cup)	25.000
CEREAL, BULK, KIX	1.00 Serving (1 1/4 cup)	25.000
TOAST, WHOLE WHEAT	1.00 Serving (1 slice)	.140
USDA PEACHES, SLICED	1.00 Serving (1/2 Cup)	14.000
USDA APPLESAUCE	1.00 Serving (1/2 Cup - #8 scoop)	16.000
JELLY, MIXED FRUIT	1.00 Serving (1 Tbsp)	13.000
SYRUP, MAPLE	1.00 Serving (2 Tbsp)	28.500
HEINZ, KETCHUP, POUCH	1.00 Serving (1 tbsp)	5.000
MILK, CHOCOLATE, FAT FREE	1.00 Each (8 fl oz)	20.000
MILK, WHITE, 1% LOWFAT	1.00 Each (8 fl oz)	13.000

Date : 12/04/2018

Name	Serving Size	Carb (g)
PIZZA, BREAKFAST, TURKEY SAUSAGE	1.00 Serving (1 Square)	27.000
CEREAL, BULK, COCOA PUFFS	1.00 Serving (3/4 Cup)	23.000
CEREAL, BULK, HONEYNUT CHEERIOS, GF	1.00 Serving (3/4 Cup)	22.000
TOAST, WHOLE WHEAT	1.00 Serving (1 slice)	.140
PRODUCE, APPLES, RED, GALA R FUJI, US EX FANCY OR	1.00 Serving (one apple)	25.134
USDA MIXED FRUIT	1.00 Serving (1/2 cup)	15.000
JELLY, MIXED FRUIT	1.00 Serving (1 Tbsp)	13.000
SYRUP, MAPLE	1.00 Serving (2 Tbsp)	28.500
HEINZ, KETCHUP, POUCH	1.00 Serving (1 tbsp)	5.000
MILK, CHOCOLATE, FAT FREE	1.00 Each (8 fl oz)	20.000
MILK, WHITE, 1% LOWFAT	1.00 Each (8 fl oz)	13.000

Date : 12/05/2018

Name	Serving Size	Carb (g)
MINI FRENCH TOAST, CINNAMON RUSH, IW	1.00 Package (2.64 oz)	37.079
CEREAL, BULK, COOKIECRISP	1.00 Serving (3/4 cup)	22.000
CEREAL, RAISIN BRAN (TOTAL)	1.00 Serving (1 Cup)	44.000
TOAST, WHOLE WHEAT	1.00 Serving (1 slice)	.140
PRODUCE, BANANAS	1.00 Each (1/2 Cup)	26.951
MANDARIN ORANGES	1.00 Serving (1/2 cup drained)	17.000
JELLY, MIXED FRUIT	1.00 Serving (1 Tbsp)	13.000
SYRUP, MAPLE	1.00 Serving (2 Tbsp)	28.500
HEINZ, KETCHUP, POUCH	1.00 Serving (1 tbsp)	5.000
MILK, CHOCOLATE, FAT FREE	1.00 Each (8 fl oz)	20.000
MILK, WHITE, 1% LOWFAT	1.00 Each (8 fl oz)	13.000

Date : 12/06/2018

Name	Serving Size	Carb (g)
PANCAKE SAUSAGE (TURKEY), IW	1.00 Each (2.85 oz)	17.000
CEREAL, BULK, TRIX	1.00 Serving (1 Cup)	27.000
CEREAL, BULK, CHEERIOS, GF	1.00 Serving (1 Cup)	20.000
TOAST, WHOLE WHEAT	1.00 Serving (1 slice)	.140
PRODUCE, ORANGES	1.00 Serving (1 orange)	24.645
PINEAPPLE TIDBITS	1.00 Serving (1/2 cup - # 8 scoop)	22.000
JELLY, MIXED FRUIT	1.00 Serving (1 Tbsp)	13.000
SYRUP, MAPLE	1.00 Serving (2 Tbsp)	28.500
HEINZ, KETCHUP, POUCH	1.00 Serving (1 tbsp)	5.000
MILK, CHOCOLATE, FAT FREE	1.00 Each (8 fl oz)	20.000
MILK, WHITE, 1% LOWFAT	1.00 Each (8 fl oz)	13.000

Date : 12/07/2018

Name	Serving Size	Carb (g)
CINNAMON BUN, WG, IW	1.00 Each (2.9 oz)	38.000
CEREAL, BULK, GOLDEN GRAHAMS	1.00 Serving (3/4 Cup)	25.000
CEREAL, BULK, REESE'S PUFFS	1.00 Serving (3/4 Cup)	22.000
TOAST, WHOLE WHEAT	1.00 Serving (1 slice)	.140
PRODUCE, PEARS FRESH	1.00 Serving (1 medium pear)	23.456
USDA APRICOTS, DICED	1.00 Serving (1/2 Cup - # 8 scoop)	14.000
JELLY, MIXED FRUIT	1.00 Serving (1 Tbsp)	13.000
SYRUP, MAPLE	1.00 Serving (2 Tbsp)	28.500
HEINZ, KETCHUP, POUCH	1.00 Serving (1 tbsp)	5.000
MILK, CHOCOLATE, FAT FREE	1.00 Each (8 fl oz)	20.000
MILK, WHITE, 1% LOWFAT	1.00 Each (8 fl oz)	13.000

Date : 12/10/2018

Name	Serving Size	Carb (g)
WAFFLES, WG GOURMET, BULK	1.00 Serving	22.000
CEREAL, BULK, CINN TOAST CRUNCH	1.00 Serving (3/4 cup)	25.000
CEREAL, BULK, KIX	1.00 Serving (1 1/4 cup)	25.000
TOAST, WHOLE WHEAT	1.00 Serving (1 slice)	.140
USDA PEACHES, SLICED	1.00 Serving (1/2 Cup)	14.000
USDA APPLESAUCE	1.00 Serving (1/2 Cup - #8 scoop)	16.000
JELLY, MIXED FRUIT	1.00 Serving (1 Tbsp)	13.000
SYRUP, MAPLE	1.00 Serving (2 Tbsp)	28.500
HEINZ, KETCHUP, POUCH	1.00 Serving (1 tbsp)	5.000
MILK, CHOCOLATE, FAT FREE	1.00 Each (8 fl oz)	20.000
MILK, WHITE, 1% LOWFAT	1.00 Each (8 fl oz)	13.000

Date : 12/11/2018

Name	Serving Size	Carb (g)
PIZZA, BREAKFAST, TURKEY SAUSAGE	1.00 Serving (1 Square)	27.000
CEREAL, BULK, COCOA PUFFS	1.00 Serving (3/4 Cup)	23.000
CEREAL, BULK, HONEYNUT CHEERIOS, GF	1.00 Serving (3/4 Cup)	22.000
TOAST, WHOLE WHEAT	1.00 Serving (1 slice)	.140
PRODUCE, APPLES, RED, GALA R FUJI, US EX FANCY OR	1.00 Serving (one apple)	25.134
USDA MIXED FRUIT	1.00 Serving (1/2 cup)	15.000
JELLY, MIXED FRUIT	1.00 Serving (1 Tbsp)	13.000
SYRUP, MAPLE	1.00 Serving (2 Tbsp)	28.500
HEINZ, KETCHUP, POUCH	1.00 Serving (1 tbsp)	5.000
MILK, CHOCOLATE, FAT FREE	1.00 Each (8 fl oz)	20.000
MILK, WHITE, 1% LOWFAT	1.00 Each (8 fl oz)	13.000

Date : 12/12/2018

Name	Serving Size	Carb (g)
BAGELFULS, IW	1.00 Each (2.5 oz)	32.000
CEREAL, BULK, COOKIECRISP	1.00 Serving (3/4 cup)	22.000
CEREAL, RAISIN BRAN (TOTAL)	1.00 Serving (1 Cup)	44.000
TOAST, WHOLE WHEAT	1.00 Serving (1 slice)	.140
PRODUCE, BANANAS	1.00 Each (1/2 Cup)	26.951
MANDARIN ORANGES	1.00 Serving (1/2 cup drained)	17.000
JELLY, MIXED FRUIT	1.00 Serving (1 Tbsp)	13.000
SYRUP, MAPLE	1.00 Serving (2 Tbsp)	28.500
HEINZ, KETCHUP, POUCH	1.00 Serving (1 tbsp)	5.000
MILK, CHOCOLATE, FAT FREE	1.00 Each (8 fl oz)	20.000
MILK, WHITE, 1% LOWFAT	1.00 Each (8 fl oz)	13.000

Date : 12/13/2018

Name	Serving Size	Carb (g)
SANDWICH, ENGLISH MUFFIN, WG, EGG&CHEESE, IW	1.00 Each (3.25 oz)	26.000
CEREAL, BULK, TRIK	1.00 Serving (1 Cup)	27.000
CEREAL, BULK, CHEERIOS, GF	1.00 Serving (1 Cup)	20.000
TOAST, WHOLE WHEAT	1.00 Serving (1 slice)	.140
PRODUCE, ORANGES	1.00 Serving (1 orange)	24.645
PINEAPPLE TIDBITS	1.00 Serving (1/2 cup - # 8 scoop)	22.000
JELLY, MIXED FRUIT	1.00 Serving (1 Tbsp)	13.000
SYRUP, MAPLE	1.00 Serving (2 Tbsp)	28.500
HEINZ, KETCHUP, POUCH	1.00 Serving (1 tbsp)	5.000
MILK, CHOCOLATE, FAT FREE	1.00 Each (8 fl oz)	20.000
MILK, WHITE, 1% LOWFAT	1.00 Each (8 fl oz)	13.000

Date : 12/14/2018

Name	Serving Size	Carb (g)
BREAKFAST, MINI BITES, WG, APPLE	1.00 Package (2.75 oz)	41.000
CEREAL, BULK, GOLDEN GRAHAMS	1.00 Serving (3/4 Cup)	25.000
CEREAL, BULK, REESE'S PUFFS	1.00 Serving (3/4 Cup)	22.000
TOAST, WHOLE WHEAT	1.00 Serving (1 slice)	.140
PRODUCE, PEARS FRESH	1.00 Serving (1 medium pear)	23.456
USDA APRICOTS, DICED	1.00 Serving (1/2 Cup - # 8 scoop)	14.000
JELLY, MIXED FRUIT	1.00 Serving (1 Tbsp)	13.000
SYRUP, MAPLE	1.00 Serving (2 Tbsp)	28.500
HEINZ, KETCHUP, POUCH	1.00 Serving (1 tbsp)	5.000
MILK, CHOCOLATE, FAT FREE	1.00 Each (8 fl oz)	20.000
MILK, WHITE, 1% LOWFAT	1.00 Each (8 fl oz)	13.000

Date : 12/17/2018

Name	Serving Size	Carb (g)
PANCAKES, WG, BUTTERMILK, BULK	1.00 Serving	28.000
CEREAL, BULK, CINN TOAST CRUNCH	1.00 Serving (3/4 cup)	25.000
CEREAL, BULK, KIX	1.00 Serving (1 1/4 cup)	25.000
TOAST, WHOLE WHEAT	1.00 Serving (1 slice)	.140
USDA PEACHES, SLICED	1.00 Serving (1/2 Cup)	14.000
USDA APPLESAUCE	1.00 Serving (1/2 Cup - #8 scoop)	16.000
JELLY, MIXED FRUIT	1.00 Serving (1 Tbsp)	13.000
SYRUP, MAPLE	1.00 Serving (2 Tbsp)	28.500
HEINZ, KETCHUP, POUCH	1.00 Serving (1 tbsp)	5.000
MILK, CHOCOLATE, FAT FREE	1.00 Each (8 fl oz)	20.000
MILK, WHITE, 1% LOWFAT	1.00 Each (8 fl oz)	13.000

Date : 12/18/2018

Name	Serving Size	Carb (g)
PIZZA, BREAKFAST, TURKEY SAUSAGE	1.00 Serving (1 Square)	27.000
CEREAL, BULK, COCOA PUFFS	1.00 Serving (3/4 Cup)	23.000
CEREAL, BULK, HONEYNUT CHEERIOS, GF	1.00 Serving (3/4 Cup)	22.000
TOAST, WHOLE WHEAT	1.00 Serving (1 slice)	.140
PRODUCE, APPLES, RED, GALA R FUJI, US EX FANCY OR	1.00 Serving (one apple)	25.134
USDA MIXED FRUIT	1.00 Serving (1/2 cup)	15.000
JELLY, MIXED FRUIT	1.00 Serving (1 Tbsp)	13.000
SYRUP, MAPLE	1.00 Serving (2 Tbsp)	28.500
HEINZ, KETCHUP, POUCH	1.00 Serving (1 tbsp)	5.000
MILK, CHOCOLATE, FAT FREE	1.00 Each (8 fl oz)	20.000
MILK, WHITE, 1% LOWFAT	1.00 Each (8 fl oz)	13.000

Date : 12/19/2018

Name	Serving Size	Carb (g)
MINI FRENCH TOAST, CINNAMON RUSH, IW	1.00 Package (2.64 oz)	37.079
CEREAL, BULK, COOKIECRISP	1.00 Serving (3/4 cup)	22.000
CEREAL, RAISIN BRAN (TOTAL)	1.00 Serving (1 Cup)	44.000
TOAST, WHOLE WHEAT	1.00 Serving (1 slice)	.140
PRODUCE, BANANAS	1.00 Each (1/2 Cup)	26.951
MANDARIN ORANGES	1.00 Serving (1/2 cup drained)	17.000
JELLY, MIXED FRUIT	1.00 Serving (1 Tbsp)	13.000
SYRUP, MAPLE	1.00 Serving (2 Tbsp)	28.500
HEINZ, KETCHUP, POUCH	1.00 Serving (1 tbsp)	5.000
MILK, CHOCOLATE, FAT FREE	1.00 Each (8 fl oz)	20.000
MILK, WHITE, 1% LOWFAT	1.00 Each (8 fl oz)	13.000

Date : 12/20/2018

Name	Serving Size	Carb (g)
SAND BKFST: SAU, EGG, CH/ CROISSANT K-12	1.00 Serving (1 Sandwich)	33.012
CEREAL, BULK, TRIX	1.00 Serving (1 Cup)	27.000
CEREAL, BULK, CHEERIOS, GF	1.00 Serving (1 Cup)	20.000
TOAST, WHOLE WHEAT	1.00 Serving (1 slice)	.140
PRODUCE, ORANGES	1.00 Serving (1 orange)	24.645
PINEAPPLE TIDBITS	1.00 Serving (1/2 cup - # 8 scoop)	22.000
JELLY, MIXED FRUIT	1.00 Serving (1 Tbsp)	13.000
SYRUP, MAPLE	1.00 Serving (2 Tbsp)	28.500
HEINZ, KETCHUP, POUCH	1.00 Serving (1 tbsp)	5.000
MILK, CHOCOLATE, FAT FREE	1.00 Each (8 fl oz)	20.000
MILK, WHITE, 1% LOWFAT	1.00 Each (8 fl oz)	13.000

Date : 12/21/2018

Name	Serving Size	Carb (g)
CINNAMON BUN, WG, IW	1.00 Each (2.9 oz)	38.000
CEREAL, BULK, GOLDEN GRAHAMS	1.00 Serving (3/4 Cup)	25.000
CEREAL, BULK, REESE'S PUFFS	1.00 Serving (3/4 Cup)	22.000
TOAST, WHOLE WHEAT	1.00 Serving (1 slice)	.140
PRODUCE, PEARS FRESH	1.00 Serving (1 medium pear)	23.456
USDA APRICOTS, DICED	1.00 Serving (1/2 Cup - # 8 scoop)	14.000
JELLY, MIXED FRUIT	1.00 Serving (1 Tbsp)	13.000
SYRUP, MAPLE	1.00 Serving (2 Tbsp)	28.500
HEINZ, KETCHUP, POUCH	1.00 Serving (1 tbsp)	5.000
MILK, CHOCOLATE, FAT FREE	1.00 Each (8 fl oz)	20.000
MILK, WHITE, 1% LOWFAT	1.00 Each (8 fl oz)	13.000