

## Breakfast Carb Sheet

<u>Product</u>	<u>Grams</u>	<u>Product</u>	<u>Grams</u>
<b>Muffins:</b>		Maple Waffles	37
Apple Cinnamon	30	Apple Cinnamon Bagelful	32
Banana	30	Applesauce	22
Blueberry	30	Banana Bread	45
Choc	32	Blueberry Waffle	37
<b>Juice- 4 oz.</b>		Breakfast Bagel Pizza	20
Apple	13	Chicken Biscuit	36
Fruit Punch	14	Cinn. Toast Crunch Bar	30
Grape	19	Cinnamon Pastry	38
Orange	13	Cinnamon Waffle	35
Orange Pineapple	14	Country Beef Steak	9
<b>Fresh Fruit</b>		Danimal Vanilla Yogurt	14
Red Apple	13	Egg Sausage & Cheese Slider	14
Tangerine	14	Eggo Choc Chip Mini French	35
Banana Petite	19	Grits	29
Golden Apple	13	Jelly	7
Oranges	14	Maple Waffles	37
<b>Milk</b>		Mini Blueberry Pancakes	35
Skim	12	Mini Maple Pancakes	35
FF Choc Milk	19	Pancake Sausage on Stick	19
FF Straw	18	Peach Cup	19
FF Vanilla	19	Pumpkin Bread	44
<b>Cool Tropics Slush</b>		Scrambled Eggs and Cheese	1.5
Cherry Lemonade		Southern Biscuit	29
Punch	16	Strawberry Banana Yogurt	14
Blue Raspberry	15	Strawberry Pastry	38
Sour apple	15	Syrup (Mid/High)	31
Kiwi Strawberry	15	Toast	13
Tropical (veg)	15	Turkey Sausage Biscuit	27
<b>Cereal</b>		Turkey Sausage Patty	1
Cinnamon Toast Crunch		Yogurt Parfait	51
Cocoa Puffs			
Lucky Charms			
Cinnamon Chex			

**Revised 8-26-19**