

Carb Counts for Central Fulton Breakfast

Breakfast Pizza (Sausage)- 27g

Breakfast Pizza (Bacon) – 25g

String Cheese – 1g

Breakfast Yogurt (4oz) – 18g

w/ Granola – 23g

Toast/Bread (1 slice) – 14g

Bagel – (whole) – 24g

(half) – 12g

Cereal Bars – Cinnamon Toast Crunch – 27g

Cocoa Puffs – 30g

Trix – 27g

Cereals – Cinnamon Toast Crunch – 22g

Cocoa Puffs – 25 g

Froot Loops – 24g

Frosted Flakes – 24g

Lucky Charms – 23g

Rice Krispies – 16g

Cheerios – 14g

Fruity Cheerios – 25g

Kix – 14g

Trix – 24g

Rice Chex – 24g

Cinna Minis (1) – 39 g

Strudels (1) – Apple – 36g

Cherry – 37g

Muffins (1) – Blueberry – 29g

Double Chocolate Chip – 27g

Pop tarts (1)– Strawberry -37g

Brown Sugar Cinnamon – 37g

Churros (1) – Apple – 27g

Raspberry – 28g

Chocolate Donuts (pkg) – 40g

Powdered Donuts (pkg) – 41g

Honey glazed donut – 52g

French Toast Sticks (6) – 80g

(3) – 40g

Sausage (2oz) – 1g

Ham, Egg & Cheese Bagel Sandwich – 32g

French Toast (mini) – Chocolate Chip – 35g

Original – 37g

Pancakes (Reg) (2) – 65g

Pancakes (mini) – Blueberry – 35g

Vanilla Bday Cake – 36g

Maple – 35g

Waffles (Reg) (2) – 32g

Waffles (mini) – Cinnamon – 35g

Maple – 35g

Soft Pretzel -30g

Egg & Cheese Croissant – 28 g

Sausage, Egg & Cheese Bagel Sandwich – 26g

Juice – Apple (4oz) – 14g

Orange (4oz) – 13g

Grape (4oz) – 18g

Milk – 1% - 13g

Chocolate Fat Free – 24g

Skim – 13g

Strawberry Fat Free – 30g

Vanilla Fat Free – 24g