

1% Lowfat Milk	1 each	13 grams
Assorted Chilled Fruit	0.5 cups	15 grams
Assorted Fruit Juice	1 each	15 grams
Bacon	2 slice	0 grams
Banana Muffin	1 each	29 grams
Berry Mini French Toast	1 each	37 grams
Biscuit and Sausage Gravy	1 serving	32 grams
Blueberry Bash Waffles	1 each	38 grams
Blueberry Muffin	1 each	61 grams
Breakfast Turkey Sausage Pizza	1 piece	27 grams
Cereal, Cocoa Puffs, 25% Less Sugar	1 each	25 grams
Cheerios	1 each	20 grams
Cherry Frudel	1 each	36 grams
Chicken Biscuit Sandwich	1 sandwich	34 grams
Chocolate Skim Milk	1 each	22 grams
Cinnamon Cream Cheese Stuffed Bagel	1 each	41 grams
Cinnamon Toast Crunch Cereal	1 each	22 grams
Cocoa Puffs Cereal	1 each	25 grams
Egg & Cheese Breakfast Burrito	1 sandwich	14 grams
Fresh Baked Whole Grain Biscuit	1 each	27 grams
Fresh Whole Fruit	1 each	21 grams
Frosted Strawberry Pop-Tart	1 each	75 grams
Golden Grahams	1 each	24 grams
Jelly, Assorted	1 each	10 grams
Maple Burst Mini Pancakes	1 serving	39 grams
Mini Cinnis	1 each	40 grams
Orange Juice	1 each	14 grams
Pancakes	2 each	27 grams
Peppered Biscuit Gravy	2 fl oz	4 grams
Pork Sausage Patty	1 each	4 grams
Reduced Sugar Trix	1 each	24 grams
Sausage Biscuit Sandwich	1 sandwich	29 grams
Sausage, Cheese & Biscuit Sandwich	1 sandwich	26 grams
Scrambled Eggs	0.25 cups	0 grams
Scrambled Eggs with Cheddar Cheese	0.25 cups	1 gram
Skewered Sausage Pancake	1 each	22 grams
Sliced Whole Grain toast	1 slice	14 grams
Strawberry Cream Cheese Bagel	1 each	41 grams
Strawberry Skim Milk	1 each	20 grams
Syrup, Pancake, Sugar Free, 1.1 oz	1 each	4 grams
Whole Grain Cinnamon Roll	1 each	38 grams