GHV Breakfast March 2023

Nutritional Information

Name	Serving	Calories	Carbs	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium	Dietary Fiber	Sugar	Vitamin A	Vitamin C	Calcium	Iron	Wheat	Egg	Soy	Peanut	Milk	Fish	Trans	Treenut	Shellfish
1% Milk	8 oz	110	12 g	8 g	2.5 g	1.5 g	10 mg	130 mg	0 g	11 g	500	2.4	300 mg	0 mg					X				
Apple Cinnamon Muffin	1 each	188	30 g	3 g	6.6 g	1.75 g	17 mg	257 mg	3 g	n/a	95	0.01	43 mg	0.73 mg	X	X	X		X				
Blueberry Breakfast Bark	1/2 cup	253	n/a	7	3	0.9	4	111	2	n/a	7	1	6	0.6					X				
Blueberry Loaf	1 each	260	33 g	5 g	13 g	3.5 g	55 mg	240 mg	2 g	n/a	100	1.2	40 mg	1.08 mg	X	X	X		X				
Breakfast Banana Split Yogurt Parfait	1 each	288	49 g	6 g	2.78 g	0.36 g	1 mg	113 mg	2 g	n/a	125	15.72	289 mg	1.07 mg	X				X				
Breakfast Bowl	1 serving	352	30 g	20 g	17 g	5.59 g	250 mg	781 mg	3 g	n/a	293	8.75	186 mg	0.79 mg	X	X	X		X				
Breakfast Burrito	1 each	255	30 g	15 g	7.86 g	3.15 g	92 mg	658 mg	5 g	n/a	248	9.54	131 mg	1.04 mg	X	X	X		X				
Breakfast Sandwich	1 sandwich	264	28 g	16 g	10 g	4 g	61 mg	686 mg	1 g	n/a	125	0	126 mg	145 mg	X	X	X		X				
Brekkie	1 each	350	52 g	6 g	15 g	8 g	30 mg	270 mg	4 g	n/a	200	0	20 mg	1.8 mg	X	X	X		X				
Cheese Stick	each	90	0 g	7 g	7 g	5 g	20 mg	95 mg	0 g	n/a	400	0	250 mg	2.7 mg					X				
Chocolate Frosted Long John	1 each	310	38 g	6 g	16 g	7.5 g	0 mg	355 mg	3 g	n/a	0	0	20 mg	1.62 mg	X	X	X		X				
Choice of Cereal	1 serving	83	18 g	1 g	0.2 g	0 g	0 mg	138 mg	1 g	n/a	485	7.02	32 mg	4.5 mg	X								
Cinnamon Roll	1 roll	270	43 g	7 g	8 g	3 g	15 mg	330 mg	4 g	n/a	100	1.2	60 mg	1.81 mg	X	X	X		X				
Cream Cheese Frosted Long John	1 each	301	35 g	6 g	15.55 g	7.45 g	3 mg	345 mg	2 g	n/a	0	0	20 mg	1.44 mg	X	X	X		X				
Educational Crackers	1 package	120	22	2	4	0	0	65	2	6	0	0	4	1	X	X			X				
French Toast Loaf	1 each	270	34 g	5 g	14 g	3.5 g	60 mg	250 mg	2 g	n/a	100	0	40 mg	1.08 mg	X	X	X		X				
Fruit or Juice Selection	1/2 cup	45	11 g	0 g	0.11 g	0.02 g	0 mg	5 mg	2 g	n/a	649	16.1	12 mg	0.12 mg									
Fruit or Juice Selection	1/2 cup	65	17 g	0 g	0.07 g	0.01 g	0 mg	4 mg	2 g	n/a	27	3.7	8 mg	0.36 mg									
Fruit or Juice Selection	4 fl. oz	50	13 g	0 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	15	0 mg	0 mg									
Fruit or Juice Selection	4 fl. oz	60	14 g	1 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	36	10 mg	0 mg									
Long John, DIY	1 each	240	26 g	6 g	13 g	6 g	0 mg	310 mg	2 g	n/a	0	0	20 mg	1.44 mg	X	X	X		X				
Mini Eggo Waffles	1 pouch	200	35 g	5 g	5 g	1.5 g	0 mg	270 mg	4 g	n/a	500	0	100 mg	2.7 mg	X	X	X		X				
Mini-Cinnis	1 package	240	39 g	5 g	7 g	1.5 g	0 mg	270 mg	2 g	n/a	0	0	40 mg	1.44 mg	X		X		X				
Sausage Breakfast Pizza	1 each	230	23 g	10 g	11 g	6 g	55 mg	450 mg	1 g	n/a	200	0	150 mg	1.44 mg	X	X	X		X				
Vegetable Selection	1/2 cup	13	3 g	0 g	0.1 g	0.02 g	0 mg	18 mg	1 g	n/a	1844	23.05	10 mg	0.18 mg									