

Nutritional Information: SBP Breakfast

- Nutritional information is current as of 5/1/17 and will be updated as applicable.
- SBP breakfast meals are offered with: fruit (½ cup for PSN meals; 1 cup for K-12 meals) and fat-free or 1% milk (1 cup/8 fl oz) on the side.
- The fruit and milk are not included within the nutritional information for the meals on this report. This information is provided on a separate fruit/milk report.
- To determine the correct menu item on the report, please refer to the production record (MPR) for that day.

Carbohydrate Information:

If calculating the total grams of carbohydrate per meal, please account for carbohydrates from the fruit and/or milk that may be served with the meal by using the separate report for fruit/milk, see below for an example.

Sample Breakfast Meal

1. Locate the appropriate menu item name on each report. The appropriate meal size and portions should be selected for the student's age/grade group.

Breakfast Nutritional Information – select appropriate meal size for age/grade group

Recipe Description	Portion Size	Cal	Carb g
BRK, SAMPLE BRK ENTREE	1 EACH	220	33

Fruit and Milk Nutritional Information – select appropriate portion sizes for age/grade group

Recipe Description	Portion Size	Calories	Carbs g
FR, ORANGE 1/2 CUP	1 EACH	45	11.28
MILK - 0%, 8 FL OZ, K-12	1 EACH (8 FL OZ)	90	13
MILK - 1%, 8 FL OZ, K-12	1 EACH (8 FL OZ)	110	13

2. Add up the student's menu item selections to calculate the total carbohydrates from the meal:

Breakfast Entrée	33 g
Orange (1/2 cup)	11.28 g
Orange (1/2 cup)	11.28 g
Milk (8 fl oz)	13 g
Total Carbs for Sample Meal = 68.56 g	

This information is provided as a helpful resource only. Students and families should ultimately be responsible for diabetes self-management.

Recipe Description	Port Size	Cal	Carb g	Tot Fat g	Sat Fat g	Chol mg	Sodm mg	Diet Fib g	Sugar g	Prot g	Vit A IU	Vit C mg	Calc mg	Iron mg
BRK, BAGEL / CREAM CHEESE:0417	1 EACH	210	32	5	3.5	15	335	3	4	8	215	0	100	1.8
BRK, BAGEL BLUEBERRY CHS:0417	1 EACH	211	32.01	5.06	3.54	15	286	3	5.01	7.03	222	0	80.5	1.8
BRK, BAGEL CHORIZO/CHS:1116	1 EACH	231	31.94	5.39	1.95	30	380	3.31	3.31	14.13	3184	0.75	110.54	2.36
BRK, BAGEL CINNAMON TOAST:1215	1 EACH	230	38.02	6.43	1.65	0	322	3.14	9.8	6.01	16	0.01	62.75	1.83
BRK, BAGEL SAUSAGE/ CHS:1116	1 EACH	223	31.28	5.11	1.72	38	370	3	3.28	13.51	94	0	109.41	2.11
BRK, BAGEL/CHEDDAR CHS:0415	1 EACH	236	31	7.59	4.05	20	375	3	3	11.06	217	0	211.87	1.8
BRK, BAGEL/TURKEY CHS:0417	1 EACH	226	32.27	5.06	3.54	24	450	3	4.01	11.57	217	0	100.5	1.98
BRK, BURRITO BUENOS 9-12:0215	1 EACH	270	29.26	11.75	3.25	183	304	2.5	1	13	460	2.26	140	1.59
BRK, BURRITO BUENOS:0215	1 EACH	235	28.76	9.38	2	135	225	2.5	1	10	345	2.26	85	1.44
BRK, BURRITO CHEESY BEAN:1116	1 EACH	255	34.06	9.16	2.37	10	206	3.78	0.25	11.15	187	0.84	168.77	1.33
BRK, BURRITO EGG/ CHEESE:0714	1 EACH	225	27	9.13	2	135	191	2	0	9.5	245	0	85	1.17
BRK, BURRITO EGG/CHS 9-12:0714	1 EACH	280	27.75	13	4.12	186	315	2	0	14.25	410	0	190	1.32
BRK, CER APP-CIN/EGG 9-12:0714	1 EACH	276	38.36	7.29	1.63	187	380	3.98	8.52	12.26	2498	23.87	472.62	7.76
BRK, CER APPLE CINNAGRINS:0714	1 EACH	200	38	2	0	0	320	4	8	6	2250	24	450	7.2
BRK, CER CINN CHEX/ZACSTR:0517	1 EACH	240	43	6	0.5	0	175	6	10	6	500	15	140	8.82
BRK, CER COCOA CRITTERS:0714	1 EACH	210	44	1.5	0	0	90	2	11	4	0	0	0	1.08
BRK, CER HONEY BUTTONS:0714	1 EACH	200	40	2	0	0	55	4	10	5	0	0	20	1.44
BRK, CER SNOW FLURRIES:0714	1 EACH	190	45	1.5	0	0	130	3	13	3	100	0	0	1.44
BRK, CINN GRAHAMS/ CHS:0815	1 EACH	210	22	10.5	3.5	15	250	1	8	9	240	0	220	1.08
BRK, CINN GRAHAMS/ YOGURT:0815	1 EACH	210	35.05	5.5	0.5	0	115	1	21.05	6.01	105	0	170.53	1.08
BRK, CINNAMON DUO:0815	1 EACH	230	36	7.5	0.5	0	55	3	10	4	50	0	20	1.8
BRK, CRUMBLE CINNAMON:0316	1 EACH	240	37	9	1	25	190	3	8	5	0	9	20	1.44
BRK, DIPPER/EGG PK-12:0315	1 EACH	218	23.56	9.8	2.13	202	92	3	6.56	9.29	260	0	65	1.32
BRK, DIPPERDOODLE/ CHEESE:0315	1 EACH	220	24	10.5	4	30	230	3	6	10	200	0	240	0.72
BRK, DIPPERDOODLE:0914	1 EACH	250	40	8	1	25	50	5	11	6	0	0	80	1.44
BRK, EM BREK CHORIZO SW:0517	1 EACH	246	32.94	6.4	1.95	30	345	3.31	9.31	14.13	3209	0.75	150.54	2
BRK, EM BREK EGG/ CHS:0517	1 EACH	212	25	6.78	2.52	180	369	3	1	12.27	311	0	158.07	2.04
BRK, EM BREK EGG/CHS 9-12:0517	1 EACH	233	25	8.54	3.52	185	402	3	1	13.53	361	0	195.94	2.04
BRK, EM BREK SAUS CLASSIC:0517	1 EACH	238	32.28	6.11	1.72	38	335	3	9.28	13.51	119	0	149.41	1.75
BRK, EM BREK TUR/ CHS:0517	1 EACH	174	24.38	3.28	1.02	18	405	3	1.38	12.2	51	0	138.07	1.71
BRK, EM BREK TUR/CHS 9-12:0517	1 EACH	225	24.51	6.82	3.04	33	529	3	1.51	16.38	152	0	214.01	1.8
BRK, EM BREK TUR/EGG/ CHS:0517	1 EACH	219	25.13	6.78	2.52	185	426	3	1.13	13.91	311	0	158.07	2.13
BRK, GRANOLA/ YOGURT:0115	1 EACH	202	34.3	4.55	0.5	0	141	2.03	19.12	7.05	96	0	170.78	0.73
BRK, HONEY GRAHAMS/YOGURT:0815	1 EACH	210	35.05	5.5	0.5	0	120	2	20.05	6.01	100	0	150.53	1.08
BRK, HONEYGRHMS / CINNRUM:0116	1 EACH	230	36	7.5	0.5	0	60	4	9	4	45	0	0	1.8
BRK, MUFFIN APPLE:0715	1 EACH	250	44	7	1	40	190	4	12	6	100	0	20	2.7
BRK, MUFFIN AUTUMN SPICE:0815	1 EACH	250	42	7	1	40	220	3	13	5	750	1.2	20	1.8
BRK, MUFFIN BANANA:0715	1 EACH	240	41	5	1	40	170	3	12	4	100	4.8	20	1.8
BRK, MUFFIN BLUEBERRY:0715	1 EACH	250	43	6	0.5	40	160	4	12	6	100	4.8	20	1.8
BRK, MUFFIN FRENCH TOAST:0816	1 EACH	260	44	8	1	20	160	2	11	4	0	0	20	1.44
BRK, MUFFIN LEMON:0116	1 EACH	260	40	9	1	20	170	2	13	5	65	6	20	1.44
BRK, OMELET CHEESE 9-12:0517	1 EACH	260	23	12.5	4	170	420	2	3	11	600	0	80	1.8

Recipe Description	Port Size	Cal	Carb g	Tot Fat g	Sat Fat g	Chol mg	Sodm mg	Diet Fib g	Sugar g	Prot g	Vit A IU	Vit C mg	Calc mg	Iron mg
BRK, OMELET CHEESE:0517	1 EACH	190	22	7.5	2	85	295	2	3	7	300	0	40	1.44
BRK, PANCAKES 9-12:0714	1 EACH	275	53	3	0	0	305	3	17	6	85	0	60	2.16
BRK, PANCAKES:0714	1 EACH	195	38	2	0	0	205	2	14	4	70	0	40	1.44
BRK, QUESA SAUSAGE/ EGG:0315	1 EACH	232	27.35	9.6	2.34	74	435	2	0.34	10.72	188	3.61	126.67	0.98
BRK, RICE BOWL:0416	1 EACH	246	46.39	3.25	0.36	30	281	1.78	2.09	8.02	1250	7.86	11.85	1.23
BRK, RR COCOA CRITTERS:0714	1 EACH	210	44	1.5	0	0	90	2	11	4	0	0	0	1.08
BRK, RR HONEY BUTTONS:0714	1 EACH	200	40	2	0	0	55	4	10	5	0	0	20	1.44
BRK, SS CEREAL/GRAHAMS:0816	1 EACH	230	43	5	0	0	115	2	14	4	140	0	20	1.8
BRK, UB BAGEL / CREAM CHS:0417	1 EACH	210	32	5	3.5	15	335	3	4	8	215	0	100	1.8
BRK, UB BAGEL BLUEBER CHS:0417	1 EACH	211	32.01	5.06	3.54	15	286	3	5.01	7.03	222	0	80.5	1.8
BRK, UB BAGEL/CHEDDAR CHS:0415	1 EACH	236	31	7.59	4.05	20	375	3	3	11.06	217	0	211.87	1.8
BRK, UB BAGEL/TURKEY CHS:0417	1 EACH	226	32.27	5.06	3.54	24	450	3	4.01	11.57	217	0	100.5	1.98
BRK, UB CER BLOS/ZAC APPLE:714	1 EACH	230	46	5	0	0	150	8	16	5	35	10.2	40	1.44
BRK, UB CER BLOSS/DIPPER:0914	1 EACH	230	46	5.5	0.5	15	145	8	13	5	35	1.2	40	1.44
BRK, UB CER FLURR/ZAC APP:0816	1 EACH	240	45	4.5	0	0	100	4	15	5	100	9	40	1.44
BRK, UB CER FLURRI/DIPPER:0816	1 EACH	240	45	5	0.5	15	95	4	12	5	100	0	40	1.44
BRK, UB CER HONEY BUTTONS:0714	1 EACH	200	40	2	0	0	55	4	10	5	0	0	20	1.44
BRK, UB CER HONEY/ DIPPER:0816	1 EACH	250	44	5.5	0.5	15	60	5	11	6	0	0	40	1.44
BRK, UB CER HONY/ ZACSTRW:0816	1 EACH	250	44	5	0	0	65	5	14	6	0	9	40	1.44
BRK, UB CER SNOW FLURRIES:0714	1 EACH	190	45	1.5	0	0	130	3	13	3	100	0	0	1.44
BRK, UB CER SUNS/ZAC STRAW:714	1 EACH	230	47	5	0	0	160	8	14	5	25	9	40	1.44
BRK, UB CER SUNSHI/DIPPER:0914	1 EACH	230	47	5.5	0.5	15	155	8	11	5	25	0	40	1.44
BRK, UB CINN GRAHM/YOGURT:0815	1 EACH	210	35.05	5.5	0.5	0	115	1	21.05	6.01	105	0	170.53	1.08
BRK, UB CINNAM GRAHAM/CHS:0815	1 EACH	210	22	10.5	3.5	15	250	1	8	9	240	0	220	1.08
BRK, UB CINNAMON DUO:0815	1 EACH	230	36	7.5	0.5	0	55	3	10	4	50	0	20	1.8
BRK, UB CRUMBLE CINNAMON:0316	1 EACH	240	37	9	1	25	190	3	8	5	0	9	20	1.44
BRK, UB DIPPER/ CHEESE :0315	1 EACH	220	24	10.5	4	30	230	3	6	10	200	0	240	0.72
BRK, UB DIPPER/ EGG:0315	1 EACH	218	23.56	9.8	2.13	202	92	3	6.56	9.29	260	0	65	1.32
BRK, UB DIPPERDOODLE:0914	1 EACH	250	40	8	1	25	50	5	11	6	0	0	80	1.44
BRK, UB EM B TUR/CHS 9-12:0517	1 EACH	225	24.51	6.82	3.04	33	529	3	1.51	16.38	152	0	214.01	1.8
BRK, UB EM BREK TUR/ CHS:0517	1 EACH	174	24.38	3.28	1.02	18	405	3	1.38	12.2	51	0	138.07	1.71
BRK, UB GRANOLA/YOGURT:0115	1 EACH	202	34.3	4.55	0.5	0	141	2.03	19.12	7.05	96	0	170.78	0.73
BRK, UB HON GRAHAM/YOGURT:0815	1 EACH	210	35.05	5.5	0.5	0	120	2	20.05	6.01	100	0	150.53	1.08
BRK, UB HONEYGRHM/CINNRUM:0116	1 EACH	230	36	7.5	0.5	0	60	4	9	4	45	0	0	1.8
BRK, UB MUFF AUTUMN SPICE:0815	1 EACH	250	42	7	1	40	220	3	13	5	750	1.2	20	1.8
BRK, UB MUFF FRENCH TOAST:0816	1 EACH	260	44	8	1	20	160	2	11	4	0	0	20	1.44
BRK, UB MUFFIN APPLE:0715	1 EACH	250	44	7	1	40	190	4	12	6	100	0	20	2.7
BRK, UB MUFFIN BANANA:0715	1 EACH	240	41	5	1	40	170	3	12	4	100	4.8	20	1.8
BRK, UB MUFFIN BLUEBERRY:0715	1 EACH	250	43	6	0.5	40	160	4	12	6	100	4.8	20	1.8
BRK, UB MUFFIN LEMON:0116	1 EACH	260	40	9	1	20	170	2	13	5	65	6	20	1.44
BRK, UB SS CEREAL/GRAHAMS:0816	1 EACH	230	43	5	0	0	115	2	14	4	140	0	20	1.8
BRK, UB YOGURT/EDU SNACKS:0115	1 EACH	180	32.05	4	0.5	0	140	2	18.05	6.01	465	4.8	250.53	8.1

Recipe Description	Port Size	Cal	Carb g	Tot Fat g	Sat Fat g	Chol mg	Sodm mg	Diet Fib g	Sugar g	Prot g	Vit A IU	Vit C mg	Calc mg	Iron mg
BRK, UB ZAC BAR APPLE:0814	1 EACH	230	40	7	0.5	0	50	5	14	5	0	24	80	1.08
BRK, UB ZAC BAR BLACKBERR:0814	1 EACH	240	40	7	0.5	0	50	5	14	5	0	24	80	1.08
BRK, UB ZAC BAR STRAWBERR:0814	1 EACH	240	40	7	0.5	0	50	5	14	5	0	24	80	1.08
BRK, UB ZZ BAR BERRY APPL:0417	1 EACH	250	41	8	2	0	80	3	14	4	0	0	20	1.08
BRK, WAFFLES 9-12:0714	1 EACH	245	48.5	3	0	0	380	3	15.5	6	78	0	30	1.62
BRK, WAFFLES:0714	1 EACH	175	35	2	0	0	255	2	13	4	65	0	20	1.08
BRK, YOGURT/EDUC SNACKS:0115	1 EACH	180	32.05	4	0.5	0	140	2	18.05	6.01	465	4.8	250.53	8.1
BRK, ZAC BAR APPLE:0814	1 EACH	230	40	7	0.5	0	50	5	14	5	0	24	80	1.08
BRK, ZAC BAR BLACKBERRY:814	1 EACH	240	40	7	0.5	0	50	5	14	5	0	24	80	1.08
BRK, ZAC BAR STRAWBERRY:0814	1 EACH	240	40	7	0.5	0	50	5	14	5	0	24	80	1.08
BRK, ZZ BAR BERRY APPLE:0417	1 EACH	250	41	8	2	0	80	3	14	4	0	0	20	1.08
<p>NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.</p>														