

Putnam County Schools
Product Information/Carbohydrate Counts for Breakfast Items used in NSBP
Revised August 2019

ITEM	Grams CHO	ITEM	Grams CHO
MILK		FRUIT (continued)	
United Dairy, White, Skim, 8 oz	13	Peaches, diced, 1/2 c, USDA	14
United Dairy, White, 1%, 8 oz	13	Pears, diced, 1/2 c, USDA	16
United Dairy, Non-fat, Choc, 8 oz	24	Pears, sliced, 1/2 c, USDA	15
United Dairy, Non-fat, Straw, 8 oz	23	Pears, halves, 1/2 c, USDA	15
		Apple slices, 1/2 c, USDA	12
JUICE		Bueberries, froz, 1/2 c, Monarch	12
Suncup, Apple, 4 oz	13	Blueberries, froz, 1/2 c, USDA	9
Suncup, Grape, 4 oz	19	Strawberries, whole, froz, USDA, 1/2 c.	10
Suncup, Orange, 4 oz	13	Strawberries, sld, froz, 1/2 c, Monarch	30
USDA, Orange, 4 oz	14	Strawberries, sld, froz, 1/2 c, USDA	23
Capri-Sun, Apple, Pouch, 6 oz	20	Peaches, sld, froz, 1/2 c, USDA	16
Capri-Sun, Fruit, Pouch, 6 oz	21	Fresh Watermelon, 1/2 c.	9
Capri-Sun, Berry, Pouch, 6 oz	21	Fresh Apple, Red & Yellow, 138 ct size	34
		Fresh Grapes, Red, 1/2 c	18
FRUIT		Fresh Orange, 113 ct size, 1/2 c.	14
Strawberry cup, Froz, 4 oz, USDA	22	Fresh Banana, Petite, 150 ct size	30
Peach cup, Froz, 4 oz, USDA	19	Fresh Kiwi, 36 ct size, 1/2 c.	15
Applesauce cup, 4 oz, Monarch	12	Fresh Cantaloupe, 1/2 c.	12
Applesauce cup, Unsweet, 4 oz, USDA	14	Fresh Fruit Salad, 5-way, 1/2 c.	16
Fruit cup, Fruit Mix, 4 oz, Monarch	13	Fresh Honey Dew, 1/2c.	12
Fruit cup, Man Oranges, 4 oz, Monarch	13	Fresh Pears, 135 ct size	26
Fruit cup, Trop Fruit Salad, 4 oz Dole	19	Fruit Mix, dried, 1/4 c, USDA	27
Fruit cup, Peaches, 4 oz, Monarch	13	Raisins, dried, 1.33 oz, USDA	30
Fruit cup, Pears, 4 oz, Monarch	13	Apple Slices, Fresh, 2 oz Bags	8
Fruit cup, Pineapple, 4 oz, Monarch	20		
Mandarin Oranges, 1/2 c, Monarch	13	CEREAL (bowlpack)	
Pineapple, tidbits, 1/2 c, Harvest Value	18	Frosted Flakes, Kelloggs	24
Apples, sliced, canned, 1/2 c.	17	Corn Flakes, Frosted, GM	24
Fruit Mix, diced, 1/2 c, Monarch	13	Golden Grahams, GM	24
Pears, sliced, 1/2 c, Monarch	13	Cheerios, GM	20
Cherry, marchino, 1/2 oz serv., Monarch	2	Honey Nut Cheerios, GM	22
Peaches, sliced, 1/2 c, Monarch	13	Frosted Mini Wheats, Kelloggs	24
Pineapple, chunk, 1/2 c, Monarch	20	Cinnamon Chex, GM	22
Applesauce, 1/2 c, USDA	14	Rice Krispies, Kelloggs	23
Mixed fruit, 1/2 c, USDA	15	Cinnamon Toast Crunch, GM	22
Peaches, sliced, 1/2 c, USDA	14	Trix, GM	24
		Fruit Loops, Kelloggs	24
		Cocoa Puffs, GM	25
		Apple Jacks, Kelloggs	24
		Lucky Charms, GM	23

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CEREAL (snack bags)		MEAT (continued)	
Cinnamon Toast Crunch, GM	22	Sausage Pattie, 2 oz, Jimmy Dean	0
Golden Grahams, GM	24	Sausage Pancake on Stick, 2.5 oz, J Dean	19
Apple Jacks, Kelloggs	24	Breakfast Bites, Foster Farm, 3 ea	15
Frosted Flakes, Kelloggs	24	Chicken Pattie, mini, 1.6 oz, Tyson	12
Fruit Loops, Kelloggs	24	Eggs, Scrambled, 2 oz, Glenview Farms	1.5
Chex Mix, Cheddar, GM	20	Egg, Pattie, Papetti's, 1.25 oz	1
Chex Mix, Choc Caramel, GM	22	Egg, Hard boiled, each, Glenview Farms	1
Chex Mix, Straw Yogurt, GM	23	Cheese stick, Mozz, Roseli, 1 oz	1
		Cheese stick, Colby Jack, Am Herit., 1 oz	0
CEREAL BARS		Cheese stick, Mozz, USDA	0
Cheerios, GM	30	Cheese stick, Cheddar, USDA	0
Trix, GM	29	Ham, Deli, 1 oz, Hormel	0.5
Cinnamon Toast, GM	30	Bacon, Round, 1 ea, Patuxent	0
Cocoa Puffs, GM	30		
Golden Grahams, GM	30	BREADS	
Fruity Cheerios, GM	29	Croissant, Breakfast, 1.25 oz, Hadley	15
Nutrigrain, Straw, Kelloggs	30	Biscuit, Dough, 2.2 oz, Pillsbury	24
Nutrigrain, Blue, Kelloggs	30	Texas Toast, 1 sl, Heiners	19
Nutrigrain, Apple-Cinn, Kelloggs	30	WG White Bread, 1 sl, Heiners	14
Cocoa Krispies, Kelloggs	27	Tortilla, 8", Tort San Jose, 1 ea	24
		Tortilla, 10", Tort San Jose, 1 ea	24
INDIVIDUAL PACKETS		Bagel, Plain, 2 oz, Lenders	24
Syrup, maple, 1.5 oz, Monarch	31	Bagel, Cinn/Raisin, 2.25 oz, Lenders	33
Jelly, grape, .5 oz, Monarch	9	Bagel, Pain, Mini, 1 oz, Lenders	14
Ketchup, 7 gms, Heinz	2	English Muffin, WG, 2 oz, Bake Crafters	21
Gravy, country, 1/4 oz, Conestoga	6	Slider Bun, Mini, 1.3 oz, Super Bakery	16
Apple butter, .5 oz, Smuckers	6	Pretzel Bun, 2.7 oz, Bvarian Bakery	37
Margarine cup, 5 gm, Glenview Farms	0		
Cream Cheese, plain, 1 oz, Glen Farms	2	YOGURT	
Cream Cheese, straw, .75 oz, Glen Farms	3	Yogurt, Cherry, 4 oz, Yoplait	15
Honey, pouch, 9 gm, Monarch	7	Yogurt, Straw/Ban, 4 oz, Yoplait	15
Jam, straw, .5 oz, Monarch	8	Yogurt, Raspberry, 4 oz, Yoplait	15
		Yogurt, Straw, Tube, 4 oz, Yoplait	18
POTATOES			
Rounds, 1/2 c, Monarch	24		
Diced Hashbrowns, 1/2 c, Lamb West	16		
MEAT			
Pizza, Breakfast, Turkey-Sausage, Max	21		
Pizza, Breakfast, Egg-Bacon, Tonys	22		
Canadian Bacon, 1 oz, Hormel	0		

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BAKERY ITEMS		OTHER	
Doughnut, MVP, 1.9 oz, Super Bakery	23	Cracker, Grah, Cinn, Scooby, Keebler 1 oz	21
Doughnut, Cake, Choc, 3.3 oz, Sup Bakery	41	Cracker, Cheese, Goldfish, .75 oz, P Farms	14
Doughnut, Cake, Powd Sugar, 3.3 oz, SB	41	Cracker, Cheeze It, Kelloggs, .75 oz	14
French Toast Stick, WG, Farm Rich, 2 ea	24	Cracker, Grah, Plain, 2 ct, Keebler	11
Bagel, Mini, w/straw cc, Pills, 2.43 oz	41	Cracker, Grah Shape, Honey, 1 oz, Redi	20
Bagel, Mini, w/cinn cc, Pills, 2.43 oz	42	Cracker, Grah Shape, Cinn, 1 oz, Redi	21
Breakfast Bread, Banana, 3.4 oz, SB	45	Cracker, Grah Shape, Choc, 1 oz, Redi	20
Breakfast Bread, Zucchini, 3.4 oz, SB	44	Cereal, Oatmeal, 1.5 oz serv, Hospitality	31
Breakfast Bread, Blueberry, 3.4 oz, SB	46	Cereal, Cream of Wht, 1.5 oz serv, Quake	33
Breakfast Bread, Pumpkin, 3.4 oz, SB	44		
French Toast, Mini, Cinn, Pillsbury	37		
French Toast, Mini, Berry, Pillsbury	37		
Muffin, Blueberry, 2 oz, Sara Lee	30		
Muffin, Banana, 2 oz, Sara Lee	31		
Muffin, Chocolate, 2 oz, Sara Lee	27		
Muffin, School Made, G. Medal	29		
Pancakes, Mini, Maple, 3.17 oz, Pillsbury	38		
Pancakes, Mini, Berry, 3.17 oz, Pillsbury	40		
Snack Loaves, Blueberry, 2 oz, S Bakery	26		
Snack Loaves, Banana, 2 oz, S Bakery	27		
Waffles, Mini, Maple, 2.47 oz, Pillsbury	37		
Waffles, Mini, Blueberry, 2.47 oz, Pills	36		
Poptart, Cinn, 1.76 oz, Kelloggs	38		
Poptart, Fudge, 1.76 oz, Kelloggs	38		
Poptart, Strawberry, 1.76 oz, Kelloggs	38		
Strudel, Apple, Pillsbury, 2.29 oz	36		
Strudel, Cherry, Pillsbury, 2.29 oz	37		
Cinn Roll Mini, Pillsbury, 2.29 oz	39		
Honey Bun, Cinn, SB, 2.75 oz	34		

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