

Putnam County Schools
Product Information/Carbohydrate Counts for Breakfast Items used in NSBP
Revised January 2018

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	10
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, 6 oz, Fruit Punch & Berry	21	Peaches, sld, froz, 1/2 c, USDA	16
Capri Sun, 6 oz, Apple	20	Fresh Watermelon, 1/2 c.	9
		Fresh Apple, Red & Yellow, 138 ct size	34
YOGURT		Fresh Grapes, Red, 1/2 c	18
Trix Yoplait Yogurt, Cherry	20	Fresh Orange, 113 ct size, 1/2 c.	15
Trix Yoplait Yogurt, Straw/Banana	20	Fresh Banana, Petite, 150 ct size	30
Trix Yoplait Yogurt, Raspberry	20	Fresh Kiwi, 36 ct size, 1/2 c.	16
Yoplait Bulk, Van & Straw, 4 oz serv	20	Fresh Cantaloupe, 1/2 c.	12
		Fresh Fruit Salad, 5-way, 1/2 c.	16
FRUIT		Fresh Honey Dew, 1/2c.	12
Strawberry cup, Froz, 4 oz, USDA	22	Fresh Pears, 135 ct size	17
Peach cup, Froz, 4 oz, USDA	19	Fruit Mix, dried, 1/4 c, USDA	27
Applesauce cup, 4 oz, Monarch	12	Raisins, dried, 1.33 oz, USDA	30
Applesauce cup, 4 oz, USDA	14		
Fruit cup, Fruit Mix, 4 oz, Monarch	13	CEREAL (bowlpack)	
Fruit cup, Man Oranges, 4 oz, Monarch	13	Frosted Flakes, Kelloggs	24
Fruit cup, Trop Fruit Salad, 4 oz Monarch	19	Corn Flakes, Frosted, GM	24
Fruit cup, Peaches, 4 oz, Monarch	13	Golden Grahams, GM	24
Fruit cup, Pears, 4 oz, Monarch	13	Cheerios, GM	14
Fruit cup, Pineapple, 4 oz, Monarch	20	Honey Nut Cheerios, GM	22
Mandarin Oranges, 1/2 c, Monarch	19	Frosted Mini Wheats, Kelloggs	24
Pineapple, tidbits, 1/2 c, Harvest Value	18	Cinnamon Chex, GM	22
Apples, sliced, 1/2 c.	17	Rice Krispies, Kelloggs	23
Fruit Mix, diced, 1/2 c, Monarch	17	Cinnamon Toast Crunch, GM	22
Pears, sliced, 1/2 c, Monarch	14	Trix, GM	24
Cherry, marchino, 1/2 oz serv.	6	Fruit Loops, Kelloggs	24
Peaches, sliced, 1/2 c, Monarch	14	Cocoa Puffs, GM	25
Pineapple, chunk, 1/2 c, Monarch	18	Apple Jacks, Kelloggs	24
Applesauce, 1/2 c, USDA	14		
Mixed fruit, 1/2 c, USDA	15		
Peaches, sliced, 1/2 c, USDA	14		

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CEREAL (snack bags)		MEAT (continued)	
Cinnamon Toast Crunch, GM	22	Sausage Pattie, 2 oz	0
Golden Grahams, GM	24	Sausage Pancake on Stick, 2.5 oz	19
Apple Jacks, Kelloggs	24	Breakfast Bites, 3 ea	15
Frosted Flakes, Kelloggs	24	Chicken Pattie, mini, 1.6 oz, Tyson	12
Fruit Loops, Kelloggs	24	Eggs, Scrambled, 2 oz	1.5
Chex Mix, Cheddar, GM	20	Egg, Pattie, 1.25 oz	1
Chex Mix, Choc Caramel, GM	22	Egg, Hard boiled, each	1
Chex Mix, Straw Yogurt, GM	23	Cheese stick, Mozz, 1 oz	1
		Cheese stick, Colby Jack, 1 oz	0
CEREAL BARS		Cheese stick, Mozz, USDA	0
Cheerios, GM	30	Cheese stick, Cheddar, USDA	0
Trix, GM	30	Ham, Deli, 1 oz, Hormel	0.5
Cinnamon Toast, GM	30		
Cocoa Puffs, GM	30	BREADS	
Golden Grahams, GM	30	Croissant, Breakfast, 1.25 oz, Hadley	15
Fruity Cheerios, GM	29	Biscuit, Dough, 2.2 oz, Pillsbury	24
Nutrigrain, Straw, Kelloggs	30	Texas Toast, 1 sl, Heiners	19
Nutrigrain, Blue, Kelloggs	30	WG White Bread, 1 sl, Heiners	14
Nutrigrain, Apple-Cinn, Kelloggs	30	Tortilla, 8", 1 ea	24
Cocoa Krispies, Kelloggs	27	Tortilla, 10", 1 ea	24
		Bagel, Plain, 2 oz, Lenders	24
INDIVIDUAL PACKETS		Bagel, Cinn/Raisin, 2.25 oz, Lenders	33
Syrup, maple, 1.5 oz	20	Bagel, Pain, Mini, 1 oz, Bake Crafters	15
Jelly, grape, .5 oz	9	English Muffin, WG, 2 oz, Bake Crafters	24
Ketchup, 7 gms	2	Slider Bun, Mini, 1.3 oz, Super Bakery	16
Gravy, country, 1/4 oz	5		
Apple butter, .5 oz	6	BAKERY ITEMS	
Margarine cup, 5 gm	0	Doughnut, MVP, 1.9 oz, Super Bakery	23
Cream Cheese, plain, 1 oz	2	Doughnut, Cake, Choc, 3.3 oz, Sup Bakery	41
Cream Cheese, straw, .75 oz	3	Doughnut, Cake, Powd Sugar, 3.3 oz, SB	41
Honey, pouch, 9 gm	7	French Toast Stick, WG, Farm Rich, 2 ea	24
Jam, straw, .5 oz	8	Bagel, Mini, w/straw crm cheese, 2.43 oz	41
		Bagel, Mini, w/cinn crm cheese, 2.43 oz	42
POTATOES		Breakfast Bread, Banana, 3.4 oz, SB	44
Rounds, 1/2 c, Monarch	24	Breakfast Bread, Zucchini, 3.4 oz, SB	43
Diced Hashbrowns, 1/2 c, Lamb West	21	Breakfast Bread, Blueberry, 3.4 oz, SB	43
		French Toast, Mini, Cinn, Pillsbury	37
MEAT		French Toast, Mini, Berry, Pillsbury	37
Pizza, Breakfast, Turkey-Sausage, Max	24	Muffin, Blueberry, 2 oz, Sara Lee	30
Pizza, Breakfast, Egg-Bacon, Tonys	25	Muffin, Banana, 2 oz, Sara Lee	27
Canadian Bacon, 1 oz	0	Muffin, Chocolate, 2 oz, Sara Lee	27

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Pancakes, Mini, Maple, 3.17 oz, Pillsbury	39	OTHER	
Pancakes, Mini, Berry, 3.17 oz, Pillsbury	40	Cracker, Grah, Cinn, Scooby Bone, 1 oz	21
Snack Loaves, Blueberry, 2 oz, SB	26	Cracker, Cheese, Goldfish, .75 oz	14
Snack Loaves, Banana, 2 oz, SB	27	Cracker, Cheeze It, .75 oz	14
Waffles, Mini, Maple, 2.47 oz, Pillsbury	37	Cracker, Grah, Plain, 2 ct	10
Poptart, Strawberry, 1.76 oz, Kelloggs	38	Cracker, Graham Shape, Honey, 1 oz	20
Poptart, Cinn, 1.76 oz, Kelloggs	38	Cracker, Graham Shape, Cinn, 1 oz	21
Poptart, Fudge, 1.76 oz, Kelloggs	38	Cracker, Graham Shape, Choc, 1 oz	20
		Cereal, Oatmeal, 1.5 oz serv	31
		Cereal, Cream of Wheat, 1.5 oz serv	33

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