

Stanwood Camano School District #401
Elementary Breakfast Nutritional Allergy Breakdown

Nutrition Information for Elementary Breakfast Items										Allergen Information for Elementary Breakfast Menu Items									
Breakfast Items	Serving Size	Calories per Serving	Protein (g)	Carbs (g)	Sugars (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Fiber (g)	Breakfast Items	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat	
CEREALS										CEREALS									
Honey Nut Cheerios	1 ea	110	2	22		1.5	0	160	2	Honey Nut Cheerios				X					
WG Red. Sugar Cin Toast Crunch	1 ea	110	1	22	8	3	0.5	160	2	WG Red. Sugar Cin. Toast Crunch								X	X
WG Red. Sugar Cocoa Puffs	1 ea	90	1	20	8	1	0	150	1	WG Red. Sugar Cocoa Puffs									
WG Golden Grahams	1 ea	100	1	24	8	1	0	220	1	WG Golden Grahams									X
WG Lucky Charms	1 ea	100	2	21	11	1	0	190	1	WG Lucky Charms									
Reduced Sugar Trix	1 ea	100	1	21	2	1	0	140	<1	Reduced Sugar Trix									
Kellog's Whole Grain Rice Krispies	1 ea	100	2	23	1	0.5	0	170	<1	Kellog's Whole Grain Rice Krispies									
Kellog's Whole Grain Frosted Flakes	1 ea	100	2	24	7	0	0	160	2	Kellog's Whole Grain Frosted Flakes									X
Kellog's WG Red Sugar Fruit Loops	1 ea	110	2	24	8	1	0.5	170	3	Kellog's WG Reduce Sugar Fruit Loops									X
WG Low Fat Granola w/raisins	1 ea	230	5	48	17	3	0.5	150	4	WG Granola				X				X	X
WG Cookie Crisp Cereal	1 ea	80	1	19	9	1	0	125	0	WG Cookie Crisp								X	X
ENTREES										ENTREES									
WG Long Johns (Maple Bar) w/icing	1 ea	325	5	41.5	14	15	0.5	342	3	Whole Grain Long John (Maple Bar)	X	X						X	X
WG Breakfast on a stick	1 ea	170	8	18	6	8	2	300	3	WG Breakfast on a Stick		X						X	X
WG Breakfast Sausage Pizza	1 ea	230	9	25		10	3.5	590	2	Breakfast Sausage Pizza	X							X	X
Mini Bagel w/cream Cheese	1 pkg	230	6	41	13	6	2.5	180	2	Mini Bagel w/cream cheese	X								X
WG Eng. Muff w/egg, saus, cheese	1 ea	355	20	28	0	19.5	9	1150	3	WG Eng. Muf. w/egg, saus. & cheese	X	X							X
Pillsbury Mini Cin. French Toast	1 pkg	220	3	37	11	11	1	380	2	Pillsbury Mini Cin. French Toast	X	X						X	X
Mini Turkey Pancake Wraps	3 ea	180	6	15	4	9	2.5	280	3	Mini Turkey Pancake Wraps		X						X	X
Mini Maple Burst'n Pancakes	1 pkg	200	4	34	11	6	1	370	2	Mini Maple Burst'n Pancakes	X	X							X
Mini Strawberry Splash Pancakes	1 pkg	200	4	34	11	6	1	370	2	Mini Strawberry Splash Pancakes	X	X							X
Whole Grain Cinnamon Roll	1 ea	190	5	33	8	5	2	210	3	Whole Grain Cinnamon Roll	X	X						X	X
WG Maple Turkey Pancake Wrap	1 ea	200	7	17	4	10	2.5	310	3	WG Maple Turkey Pancake Wrap		X						X	X
Snowflake Pancakes	1 ea	300	4	43	12	13	3	350	3	Snowflake Pancakes	X	X						X	X
OTHER										OTHER									
Probal Powdered Donut	1 ea	130	3	18	7	6	1.5	180	0	Proball Powdered Donut	X	X						X	X
Scooby Doo Graham Cracker Sticks	1 pkg	120	2	21	8	3.5	1	115	1	Scooby Doo Graham Cracker Sticks								X	X
Giant Grahams	1 pkg	120	1	19	9	4.5	1	50	2	Giant Grahams								X	X
Chocolate Bear Grahams	1 pkg	104	1.5	19	6.5	2.8	1	93	1.5	Chocolate Bear Grahams								X	X
Philadelphia Light Cream Cheese	1pkg	45	2	2	1	3	2	100	0	Philadelphia Light Cream Cheese	X								
YOGURT										YOGURT									
Fruit & Yogurt Parfait w/granola	16oz	467	12	103	61	2.5	0	245	7	Fruit & Yogurt Parfait w/granola	X							X	X
Yami Yogurt Kool Key lime	4 oz.	130	3	18	15	5	3.5	50	0	Yami Yogurt Kool Key lime	X								
Yami Yogurt Peaches n Cream	4oz	130	4	18	15	5	3	45	0	Yami Yogurt Peaches n Cream	X								
Yami Yogurt Vanilla Cream	4 oz.	140	3	19	16	5	3	50	0	Yami Yogurt Vanilla Cream	X								
Yami Yogurt Orange Cream	4 oz.	130	3	18	14	5	3.5	50	0	Yami Yogurt Orange Cream	X								
Yami Yogurt Raspberries n Cream	4 oz.	130	4	18	15	5	3	45	0	Yami Yogurt Raspberries n Cream	X								
Yami Yogurt Strawberry	4 oz.	100	4	19	15	1.5	1	50	0	Yami Yogurt Strawberry	X								
Yami Yogurt Strawberries n Cream	4oz	130	4	18	14	5	3.5	45	0	Yami Yogurt Strawberries n Cream	X								
Yami Yogurt Strawberry Banana	4oz	160	6	29	22	2	1	90	0	Yami Yogurt Strawberry Banana	X								
FRUIT										FRUIT									
Raisins	1/4c	114	1	30	23	0	0	4	1	Raisins									
Cherry Craisins	1/4 c	130	0	33	29	0	0	0	3	Cherry Craisins									
Orange Craisins	1/4 c	110	0	28	24	0	0	0	3	Orange Craisins									
Canned Peaches	1/2 c	70	<1	17	13	0	0	10	<1	Canned Peaches									
Canned Pears	1/2 c	80	<1	20	14	0	0	85	2	Canned Pears									
Mandarin Oranges	1/2 c	80	0	19	18	0	0	10	0	Mandarin Oranges									
Pineapple Chunks	1/2 c	70	0	18	17	0	0	0	1	Pineapple Chunks									
Applesauce	1/2 c	90	0	13	9	0	0	10	2	Applesauce									
Fruit Cocktail	1/2 c	80	1	18	15	0	0	5	1	Fruit Cocktail									
JUICE										JUICE									
Apple	4 oz	60	0	14	13	0	0	10	0	Apple									
Grape	4 oz	80	0	20	19	0	0	10	0	Grape									
Orange	4 oz	50	0	13	12	0	0	0	0	Orange									
MILK										MILK									
1% White Milk	8 oz	110	9	13	12	2.5	1.5	125	0	1% White Milk	X								
Darigold Chocolate Fat Free Milk	8 oz	150	8	29	28	0	0	190	0	Darigold Chocolate Fat Free Milk	X								

This nutritional information is taken directly from manufacturers' labels and databases and is subject to change. Stanwood Camano School District does not guarantee the accuracy and provides it solely for your convenience. For additional information, please contact Kjersti Sundberg, Stanwood Camano School District, Food Service Secretary at 360-629-1411.

x= Contains Allergen