

Saint Paul Public Schools Nutrition Service  
Breakfast Nutritional Information

Menu Item	Portion Size	Cals	Chol	Sodium mg	Fiber gr	Iron mg	Calcium mg	IU Vit-A	Vit-C mg	Protein gr	Carb gr	T-Fat gr	S-Fat gr	Tr-Fat gr
*Apple Topping	1/2 cup	112	0	9	2	1	23	14	0	0	29	0	0	0
*Cheesebread	1/24 pan	243	26	400	2	1	320	222	0	14	27	9	5	0
*Cinnamon Toast	1 slice	174	15	221	1	1	4	178	0	3	25	7	4	0
*Banana choc chip brd-wrapped	1 pkg	205	39	358	2	1	48	221	2	4	32	7	5	0
*Banana choc chip bread	1 square	205	39	357	2	1	48	221	2	4	32	8	4	0
*Bread, Apple Cinn.-wrapped	1 pkg	284	54	325	2	2	48	331	0	5	44	10	6	0
*Bread, Apple Cinnamon	1/96 pan	190	36	217	1	1	32	221	0	3	30	7	4	0
*Bread, Apple/Cherry	1/96 pan	190	36	217	1	1	32	237	0	3	30	7	4	0
*Bread, Lemon Poppy Seed	1 square	202	49	277	2	1	56	203	0	5	31	7	4	0
*Bread, Lemon Poppyseed-wrap	1 pkg	174	42	240	2	1	47	175	0	4	27	6	3	0
*Bread, Pumpkin-wrapped	1 pkg	206	15	261	2	1	13	2372	1	3	34	7	1	0
*Bread, Pumpkin	1 square	206	15	261	2	1	13	2372	1	3	34	7	1	0
*Breakfast Smart Cookie	1 cookie	227	31	222	2	1	15	824	0	3	31	11	6	0
*Cereal, Cheerios	bowl	70	0	126	2	6	78	549	5	2	14	1	0	0
*Cereal, Cin. Tst. Cr. - Red.	bowl	110	0	170	3	8	500	500	6	2	23	3	0	0
*Cereal, Frosted Cornflakes	bowl	122	0	199	0	4	0	1107	13	1	29	0	0	0
*Cereal, Mini Wheats, frst.	bowl	100	0	0	3	7	0	0	0	3	23	0	0	0
*Cereal, Rice Chex	bowl	100	0	250	0	9	100	500	6	2	23	0	0	0
*Cereal, Rice Krispies	bowl	70	0	170	0	5	0	200	2	1	16	0	0	0
*Energy Bar-wrapped	1 bar	272	30	186	3	2	24	80	0	5	46	9	5	0
*Egg and Cheese Tortilla	1 tortilla	190	190	490	0	2	98	366	0	10	16	10	4	0
*Pancakes	3 pancakes	218	0	683	2	2	151	71	0	6	42	4	0	0
*Sausage and biscuit	sandwich	392	56	669	1	2	44	29	0	16	33	22	8	0
*Sand. Eng Muff-egg/ky ham	sandwich	224	154	608	1	2	249	149	0	13	26	8	2	0
*Sand. Eng Muff-egg/cheese	sandwich	264	156	608	1	2	324	399	0	13	26	12	4	0
*Sand. Eng Muff-ky ham/cheese	sandwich	215	33	690	1	2	175	250	1	13	25	8	4	0
*Omelet	1 omelet	130	187	266	0	1	57	425	0	7	1	11	3	0
*Waffles, cinn toast	2 slices	195	13	337	1	4	67	1011	0	3	31	7	2	0
*Toast-SEC	1 slice	151	15	221	1	1	2	177	0	3	19	7	4	0
*Apple Wedges, fresh	6 wedges	71	0	1	3	0	8	73	6	0	19	0	0	0
*Orange wedges, fresh	6 wedges	62	0	0	3	0	52	295	70	1	15	0	0	0
*Milk, 1% Schroeders	8 fl. oz	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, red. lactose	8 fl. Oz	80	4	125	0	0	500	500	0	8	13	0	0	0
*Milk, strawberry; skim	8 fl. oz	130	5	130	0	0	300	500	0	8	23	0	0	0
*Milk,Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Orange Juice	4 fl. oz.	60	0	1	0	0	150	12	60	1	15	0	0	0
*Fruit Punch	4 fl. oz.	60	0	1	0	0	7	7	60	0	16	0	0	0
*Grape juice, white-fortified	4 fl oz.	64	0	3	0	0	333	10	60	0	16	0	0	0
*Apple Juice	4 fl. oz	60	0	8	0	0	8	4	1	0	15	0	0	0