

Breakfast in the Classroom Carb Counts



Apple Nutri-grain® Cereal Bar Breakfast
MFG#100697

Breakfast Items

Kellogg's® Nutri-grain® Soft Baked Breakfast Bar

MJM @ Honey Graham Whole Grain Crackera

Applesauce

100% Orange Tangerine Juice

Basic Information

Serving Size	1 bar (37g)	1 Ounce (28g)	4.5 oz	4 fl. ounce
SBP Contribution	1 G	1 G	1 F	1/2 C. F

Nutrition Information

Calories	120	110	50	60
Cal from Fat		30	0	0
Total Fat (g)	3	3	0	0
Sat Fat (g)	0.5	0.5	0	0
Trans Fat (g)	0	0	0	0
Cholesterol (mg)	0	0	0	0
Sodium (mg)	110	140	15	5
Carbs (g)	24	21	14	16
Fiber (g)	3	2	1	0
Sugars (g)	12	6	12	13
Protein (g)	2	1	0	0
Vitamin A	15%	0%	0%	20%
Vitamin C	0%	0%	100%	100%
Calcium	20%	0%	0%	10%
Iron	10%	10%	0%	0%



Strawberry Nutri-grain® Cereal Bar Breakfast
MFG#100698

Breakfast Items

Kellogg's® Nutri-grain® Soft Baked Breakfast Bar	notables® Carrot Patch Grahams	Applesauce	100% Orange Tangerine Juice
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Basic Information

Serving Size	1 bar (37g)	1 ounce (28g)	4.5 oz	4 fl. ounce
SBP Contribution	1 G	1 G	1 F	1/2 C. F

Nutrition Information

Calories	130	110	50	60
Cal from Fat			0	0
Total Fat (g)	3.5	3	0	0
Sat Fat (g)	0.5	0	0	0
Trans Fat (g)	0	0	0	0
Cholesterol (mg)	0	0	0	0
Sodium (mg)	140	50	15	5
Carbs (g)	25	19	14	16
Fiber (g)	1	1	1	0
Sugars (g)	12	8	12	13
Protein (g)	2	2	0	0
Vitamin A	10%	0%	0%	20%
Vitamin C	0%	0%	100%	100%
Calcium	10%	0%	0%	10%
Iron	10%	6%	0%	0%

Ingredient lists



Cocoa Puffs® Cereal Bar Breakfast
MFG#100699

Breakfast Items

General Mills® Cocoa Puffs® Cereal Bar	Pepperidge Farm® Pretzel Goldfish	100% Orange Tangerine Juice	Applesauce
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Basic Information

Serving Size	1 Bar (40 g)	.75 ounce (21g)	4 fl. ounce	4.5 ounces
SBP Contribution	1 G	1 G	1/2 C. F	1/2 C. F

Nutrition Information

Calories	150	90	60	60
Cal from Fat	30	15	0	0
Total Fat (g)	3	1.5	0	0
Sat Fat (g)	0	0	0	0
Trans Fat (g)	0	0	0	0
Cholesterol (mg)	0	0	0	0
Sodium (mg)	100	200	5	10
Carbs (g)	30	16	16	13
Fiber (g)	3	1	0	2
Sugars (g)	9	0	13	12
Protein (g)	3	2	0	0
Vitamin A	2%	0%	20%	0%
Vitamin C	2%	0%	100%	0%
Calcium	20%	0%	10%	0%
Iron	10%	4%	0%	0%

Ingredient lists



Trix® Cereal Bar Breakfast
MFG# 100700

Breakfast Items

General Mills® Trix® Cereal Bar	Pepperidge Farms® Whole Grain Cheddar Goldfish Crackers	Applesauce	100% Apple Juice
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Basic Information

Serving Size	1 Bar (40g)	0.75 ounces (21g)	4.5 ounces	4 fl. ounce
SBP Contribution	1 G	1 G	1/2 C. F	1/2 C. F

Nutrition Information

Calories	150	100	60	60
Cal from Fat	30	35	0	0
Total Fat (g)	3.5	4	0	0
Sat Fat (g)	0.5	0.5	0	0
Trans Fat (g)	0	0	0	0
Cholesterol (mg)	0	0	0	0
Sodium (mg)	100	170	10	5
Carbs (g)	30	14	13	15
Fiber (g)	2	1	2	0
Sugars (g)	9	0	12	13
Protein (g)	2	2	0	0
Vitamin A	2%	0%	0%	0%
Vitamin C	2%	0%	0%	100%
Calcium	20%	2%	0%	10%
Iron	10%	4%	0%	0%

Ingredient list



Cinnamon Toast Crunch® Cereal Bar Breakfast
MFG#100701

Breakfast Items

General Mills® Cinnamon Toast Crunch® Cereal Bar	notables® Strawberry Fields Grahams	Applesauce	100% Orange Tangerine Juice
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Basic Information

Serving Size	1 bar (40g)	1 ounce (28g)	4.5 ounces	4 fl. ounce
SBP Contribution	1 G	1 G	1/2 C. F	1/2 C. F

Nutrition Information

Calories	150	100	60	60
Cal from Fat	30		0	0
Total Fat (g)	3.5	3	0	0
Sat Fat (g)	0	0	0	0
Trans Fat (g)	0	0	0	0
Cholesterol (mg)	0	0	0	0
Sodium (mg)	115	50	10	5
Carbs (g)	30	19	13	15
Fiber (g)	3	1	2	0
Sugars (g)	9	8	12	14
Protein (g)	2	2	0	0
Vitamin A	0%	0%	0%	0%
Vitamin C	0%	0%	0%	100%
Calcium	20%	0%	0%	10%
Iron	10%	6%	0%	0%



Golden Grahams® Cereal Bar Breakfast
MFG# 100702

Breakfast Items

General Mills® Golden Grahams® Cereal Bar	Apple Orchard Mini	Applesauce	100% Apple Juice
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Basic Information

Serving Size	1 Bar (40g)	1 ounce (28g)	4.5 ounces	4 fl. ounce
SBP Contribution	1 G	1 G	1/2 C. F	1/2 C. F

Nutrition Information

Calories	150	110	60	60
Cal from Fat	30		0	0
Total Fat (g)	3	3	0	0
Sat Fat (g)	0	0	0	0
Trans Fat (g)	0	0	0	0
Cholesterol (mg)	0	0	0	0
Sodium (mg)	110	50	10	5
Carbs (g)	30	19	13	15
Fiber (g)	3	1	2	0
Sugars (g)	9	8	12	13
Protein (g)	2	2	0	0
Vitamin A	2%	0%	0%	0%
Vitamin C	0%	0%	0%	100%
Calcium	20%	0%	0%	10%
Iron	8%	6%	0%	0%

Ingredient list



Blueberry Nutrigrain® Cereal Bar Breakfast
MFG#101522

Breakfast Items

**Kellogg's Nutri-
grain bar
blueberry**

**notables®
Strawberry Fields
Grahams**

Raisins

**100% Apple
Juice**

Basic Information

	1 bar (37g)	1 ounce (28g)	38 g	4 fl. ounce
Serving Size	1 G	1 G	1 F	1/2 C. F
SBP Contribution				

Nutrition Information

	1 bar (37g)	1 ounce (28g)	38 g	4 fl. ounce
Calories	130	100	120	60
Cal from Fat			0	0
Total Fat (g)	3.5	3	0	0
Sat Fat (g)	0.5	0	0	0
Trans Fat (g)	0	0	0	0
Cholesterol (mg)	0	0	0	0
Sodium (mg)	125	50	5	5
Carbs (g)	25	19	29	15
Fiber (g)	1	1	2	0
Sugars (g)	13	8	27	13
Protein (g)	2	2	1	0
Vitamin A	10%	0%	0%	0%
Vitamin C	0%	0%	0%	100%
Calcium	10%	0%	2%	10%
Iron	10%	6%	6%	0%



Team Cheerio® Cereal Bar Breakfast
MFG#101523

Breakfast Items

	General Mills® Team Cheerios® Cereal Bar	notables® Carrot Patch Grahams	Raisins	100% Orange Tangerine Juice
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Basic Information

Serving Size	1 Bar (40g)	1 ounce (28g)	38 g	4 fl. ounce
SBP Contribution	1 G	1 G	1 F	1/2 C, F

Nutrition Information

Calories	150	110	120	60
Cal from Fat	30		0	0
Total Fat (g)	3.5	3	0	0
Sat Fat (g)	0.5	0	0	0
Trans Fat (g)	0	0	0	0
Cholesterol (mg)	0	0	0	0
Sodium (mg)	85	50	5	5
Carbs (g)	30	19	29	16
Fiber (g)	3	1	2	0
Sugars (g)	9	8	27	13
Protein (g)	2	2	1	0
Vitamin A	2%	0%	0%	20%
Vitamin C	2%	0%	0%	100%
Calcium	20%	0%	2%	10%
Iron	25%	6%	6%	0%

Ingredient lists

Meal Kit, Muffins, ChocChip, WGANimalCrac, App, Juice (#2916)



Nutrition Facts		Muffin, WG, Chocolate Chip		Snackables, WG, Animal Crackers		Applesauce		Grape Juice				
Serving size		1 Muffin		(57g)		(31g)		(128g)		(120g)		
Amount per serving												
Calories		170		130		50		80				
		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*				
Total Fat		5g	6%	4g	5%	0g	0%	0g	0%	0g	0%	
Saturated Fat		1g	5%	0g	0%	0g	0%	0g	0%	0g	0%	
Trans Fat		0g		0g		0g		0g		0g		
Cholesterol		20mg	7%	0mg	0%	0mg	0%	0mg	0%	0mg	0%	
Sodium		100mg	4%	95mg	4%	0mg	0%	10mg	0%	0mg	0%	
Total Carbohydrate		29g	11%	24g	9%	14g	5%	20g	5%	0g	0%	
Dietary Fiber		1g	4%	1g	4%	1g	4%	0g	0%	0g	0%	
Sugars		15g		9g		12g		19g		0g	0%	
Includes Added Sugars		15g	30%	9g	18%	0g	0%	0g	0%	0g	0%	
Protein		3g		2g		0g		0g		0g		
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		Vitamin D	0mcg	0%	0mcg	0%	0mcg	0%	0mcg	0%	0mcg	0%
		Calcium	15mg	2%	4mg	0%	5mg	0%	10mg	0%	0mg	0%
		Iron	1mg	6%	0mg	0%	0mg	0%	0mg	0%	0mg	0%
		Potassium	60mg	2%	55mg	2%	95mg	2%	130mg	4%	0mg	0%
		Vitamin C					91mg	100%				

MealKit, WGBreakfstBun, WG, AlpSnackApplesauce, Juice (#2915)



Nutrition Facts		WG Breakfast Bun		Snackables, WG, Alphabet		Applesauce		Very Berry Juice	
1 Breakfast Bun		(43g)		(31g)		(128g)		(120g)	
Serving size									
Amount per serving									
Calories		140		130		50		60	
		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*	
Total Fat	5g	8%	4g	5%	0g	0%	0g	0%	
Saturated Fat	2.5g	12%	0g	0%	0g	0%	0g	0%	
Trans Fat	0g		0g		0g		0g		
Cholesterol	0mg	0%	0mg	0%	0mg	0%	0mg	0%	
Sodium	95mg	4%	95mg	4%	0mg	0%	10mg	0%	
Total Carbohydrate	22g	7%	24g	9%	14g	5%	17g	6%	
Dietary Fiber	1g	4%	1g	4%	1g	4%	0g	0%	
Sugars	9g		9g		12g		15g		
Includes Added Sugars	2g	4%	9g	18%	0g	0%	0g	0%	
Protein	3g		2g		0g		0g		
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	Vitamin D	0mcg	0%	0mcg	0%	0mcg	0%	0mcg	0%
	Calcium	20mg	2%	4mg	0%	5mg	0%	10mg	0%
	Iron	0mg	0%	0mg	0%	0mg	0%	0mg	0%
	Potassium	60mg	2%	55mg	2%	95mg	2%	130mg	4%
	Vitamin C					91mg	100%		