

Carbohydrate Count – cold breakfast items 2016-17

<p>Whole Grain Options (2 grains)</p> <ul style="list-style-type: none"> • BeneFIT bar, oatmeal chocolate chip (2.5 oz) – 47g • Banana or Zucchini bread (Super Bakery, 3.4 oz) – 44g • Breakfast Buns (Bake Crafters, 3 oz) – 40g • Cinnamon Roll (Hadley Farms, 2.7oz) – 38g • Muffins (Bake Crafters, 3.1 oz) <ul style="list-style-type: none"> ○ Apple Cinnamon – 42g ○ Banana – 43g ○ Blueberry – 41g ○ Choc. Chip – 44g • Pop-tarts, 2pk – 75g 	<p>Milk</p> <ul style="list-style-type: none"> • 1% or skim, plain – 13g • Chocolate – 20g • Strawberry – 19g <hr/> <p>Fruit Options</p> <ul style="list-style-type: none"> • Apple slices (2 oz) – 8g • Apples (med.) – 25g • Bananas (lg.) – 27g • Navel Oranges – 15g • 100% Apple Juice (4 oz) – 13g
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