

**Edmonds School District #15
Secondary Breakfast Nutrition and Allergy Information**

Nutrition Information for Central Kitchen Breakfast Items									Allergen Information for Central Kitchen Breakfast Menu Items								
	Serving Size	Calories per Serving	Protein (g)	Carbs (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Fiber (g)		Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
Cereal & Breads									Cereals & Bread								
Banana Bread	1 ea	280	5.0	44	10	2.0	220	2.0	Banana Bread		x					x	x
Pumpkin Bread	1 ea	270	6.0	43	10	2.0	220	2.0	Pumpkin Bread		x					x	x
Whole Grain Cinnamon Roll <small>(without frosting)</small>	1 ea	190	5.0	34	4.5	2.0	300	4.0	Cinnamon Roll	x	x					x	x
Cold cereal (average)	1 ea	86	1.0	19	1.3	0.0	143	1.2	Cold cereal	x	x		x			x	x
French Toast Sticks	1 pkg	240	6.0	38	7	1.0	260	2.0	French Toast Sticks	x	x		x			x	x
Whole Wheat Breakfast Bun	1 ea	249	5.5	39	5.74	1.8	273	3.0	Whole Wheat Breakfast Bun	x						x	x
Whole Wheat Long John <small>(without frosting)</small>	1 ea	260	5.0	27	15	7.0	340	3.0	Whole Wheat Long John	x	x					x	x
Entrees									Entrees								
Breakfast Burrito	1 ea	220	10.0	25	9	4.0	310	4.0	Breakfast Burrito	x	x					x	x
Breakfast Pizza	1 ea	300	16.0	35	11	5.0	580	4.0	Breakfast Pizza	x						x	x
Breakfast Sausage Pizza	1 ea	210	9	26	7	2	480	2	Breakfast Sausage Pizza	x						x	x
Ham and Cheese Melt	1 ea	209	11.8	28	5.22	1.5	642	2.0	Ham and Cheese Melt	x						x	x
Sunshine Omelet Sandwich	1 ea	293	17	26	14	4.3	711	4.0	Sunshine Omelet Sandwich	x	x					x	x
Sausage & Cheese on Biscuit	1 ea	347	10.5	28	21	7.8	1078	2.0	Sausage & Cheese Biscuit	x							x
Juice									Juice								
Apple	4 oz	60	0.0	14	0	0.0	10	0.0	Apple								
Grape	4 oz	80	0.0	20	0	0.0	10	0.0	Grape								
Orange	4 oz	50	0.0	13	0	0.0	0.0	0.0	Orange								
Other									MILK								
1% White Milk	8 oz	110	8.0	13	2.5	1.5	125	0.0	1% White Milk	x							
Chocolate Nonfat Milk	8 oz	130	8.0	23	0	0.0	230	0.0	Chocolate Fat Free Milk	x							
Graham Crackers	2 pkg	120	2.0	22	3	0.0	160	2.0	Graham Crackers							x	x
Fruit Cup Average	4 oz	86	<1	21	0	0.0	5	1.5	Fruit Cup								
Raisins	1 ea	110	1.0	30	0	0.0	0	1.0	Raisins								
Frosting	1 oz	115	0.0	22	3.4	0.8	61.5	0.0	Frosting	x							
This nutritional information is taken directly from manufacturers' labels and databases and is subject to change. Edmonds School District does not guarantee the accuracy and provides it solely for your convenience. For additional information, please contact Sara Conroy, Edmonds School District Operations Manager of Food Services, at 425-431-7076.																	

x= Contains Allergen