

**Edmonds School District
Breakfast Menu Cycle
October 1, 2008**

Nutrition Information for Elementary Breakfast Items									Allergen Information for Elementary 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								
Cold cereal & muffin	1 ea	306	4.5	57.8	5.98	0.6	174	1.3		x	x		x			x	x
Bageler, apple	1 ea	180	6.0	35	2.5	1.0	150	4.0		x							x
Whole Wheat Breakfast Bun	1 ea	249	5.5	39	5.74	1.8	273	3.0		x	x					x	x
Cinnamon Roll (whole grain)	1 ea	200	5.0	35	5	1.5	300	4.0		x	x						x
Entrees									Entrees								
Breakfast Sausage Pizza	1 ea	230	9	25	10	3.5	590	2		x						x	x
Breakfast Hot Pocket	1 ea	161	7.0	16	6	2.5	322	1.0		x	x					x	x
Cheese Omelet & Muffin	1 ea	442	15.5	40	23.5	6.5	490	0.4		x	x					x	x
Juice									Juice								
Apple	4 oz	60	0.0	14	0	0.0	10	0.0									
Grape	4 oz	80	0.0	20	0	0.0	10	0.0									
Orange	4 oz	50	0	13	0	0	0	0									
MILK									MILK								
1% White Milk	8 oz	110	9.0	13	2.5	1.5	130	0.0		x							
Chocolate Fat Free Milk	8 oz	150	8.0	29	0	0.0	190	0.0		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 of the information 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