

**Edmonds School District #15  
Elementary Breakfast Menu  
Nutrition and Allergy Information**

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
<b>Entrée</b>									<b>Entrée</b>								
Cold cereal (average)	1 ea	107	1.8	23	2	0.0	150	2.0	Cold cereal (average)	x	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
Mini Turkey Pancake Wraps	3 ea	190	10	21	8	2.0	370	4.0	Mini Turkey Pancake Wraps		x					x	x
Pull Apart Cinnamon Sticks	1 ea	240	5.0	40	70	2.0	300	2.0	Whole Grain Cinnamon Roll	x							x
Whole Grain French Toast Sticks	1 pkg	240	6.0	38	7	1.0	260	2.0	Whole Grain French Toast Sticks	x	x		x			x	x
Whole Wheat Breakfast Bun	1 ea	230	6.0	39	7	2.0	340	3.0	Whole Wheat Breakfast Bun	x	x					x	x
Cheese Omelet on English Muffin	1 ea	185	9.5	12	11.5	3.5	350.1	2.0	Cheese Omelet on English Muffin	x	x					x	x
Graham Crackers (served with cereal entrée)	2 pkg	120	2.0	22	3	0.0	160	0.0	Graham Crackers (served with cereal entrée)							x	x
<b>Juice</b>									<b>Juice</b>								
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	13	0	0	0	0.0	Orange								
<b>Fruit</b>									<b>Fruit</b>								
Raisins	1/4c	110	1.0	30	0	0.0	0	1.0	Raisins								
Fruit Cups (average)	1/2c	86	<1	21	0	0.0	5	1.5	Fruit Cups								
<b>MILK</b>									<b>MILK</b>								
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							
<b>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, Food Service Operations Manager, at 425-431-7076.</b>																	
																6/16/16	

**x= Contains Allergen**