

North East ISD Breakfast Nutrient Analysis 2008-09			Questions - Contact School Nutrition Services 657-8820												
Description	Portion		Calories	Total Fat grams	Sat. Fat grams	Trans Fat grams	Protein grams	Carb. grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber grams
* items available only in midde & high schools															
Apple Spice Loaf, Packaged *	1.00	each	150.0	4.5	1.0	0.0	3.0	25.0	200.0	4.5	0.0	20.0	170.0	30.0	2.0
Bean & Cheese Taco	1.00	each	199.0	6.0	2.4	0.0	8.0	26.1	162.1	1.7	0.9	126.8	288.9	10.0	2.0
Biscuit	1.00	each	174.0	5.4	1.1	0.0	4.3	27.2	0.0	1.8	0.0	0.0	522.0	0.0	0.0
Biscuit & Sausage, Packaged *	1.00	each	300.0	17.0	6.0	0.0	9.0	28.0	40.0	1.8	0.0	0.0	650.0	35.0	1.0
Blueberry Muffin	1.00	each	182.9	4.9	1.4	2.1	2.8	32.4	56.3	1.5	0.0	0.0	337.7	7.0	0.0
Blueberry Muffin, Packaged *	1.00	each	155.0	5.0	0.5	0.0	2.0	23.0	0.1	0.6	0.1	29.0	30.0	17.0	0.5
Breakfast on a Bun*	1.00	each	264.8	12.5	4.1	0.0	14.5	25.8	135.0	2.3	0.0	250.0	722.5	130.0	4.0
Breakfast Pizza	1.00	each	230.0	10.0	3.5	0.0	9.0	25.0	150.0	1.8	0.0	200.0	590.0	15.0	2.0
Breakfast Scramble	1.00	each	230.0	10.0	4.5	1.0	10.0	23.0	150.0	1.4	0.0	300.0	480.0	45.0	1.0
Cereal, Cheerios, Fruity	1.00	each	90.0	1.0	0.0	0.0	1.0	21.0	80.0	3.6	12.0	400.0	120.0	0.0	1.0
Cereal, Cheerios, Honey Nut	1.00	each	110.0	1.5	0.0	0.0	3.0	22.0	100.0	4.5	6.0	500.0	190.0	0.0	2.0
Cereal, Cinnamon Toast Crunch	1.00	each	120.0	3.0	0.0	0.0	1.0	22.0	80.0	3.6	4.8	400.0	200.0	0.0	1.0
Cereal, Golden Grahams	1.00	each	110.0	1.0	0.0	0.0	1.0	24.0	80.0	3.6	4.8	400.0	280.0	0.0	1.0
Cereal, Kix	1.00	each	60.0	0.5	0.0	0.0	1.0	14.0	80.0	4.5	3.6	300.0	120.0	0.0	2.0
Chicken, Breakfast Pattie	1.00	each	114.8	6.6	1.4	0.0	7.5	6.2	2.4	0.7	0.6	55.7	225.9	37.1	0.0
Chorizo, Potato & Egg Taco*	1.00	each	248.6	10.3	2.8	0.3	14.2	22.5	86.5	2.7	1.4	383.2	605.1	144.1	0.8
Cinnamon Roll	1.00	each	335.4	10.2	1.6	0.0	4.7	56.7	48.0	2.1	0.2	122.3	249.8	14.0	1.2
Egg & Bacon Taco	1.00	each	192.4	8.1	1.9	0.0	9.9	18.1	87.6	1.9	0.0	227.0	689.3	195.6	0.0
French Toast Stick	1.00	each	65.0	2.8	0.5	0.4	1.3	9.3	10.0	0.5	0.0	0.0	130.0	0.0	0.3
Kolache, Sausage	1.00	each	156.0	7.0	2.0	0.0	6.0	15.0	20.0	1.0	2.0	107.0	382.0	22.0	1.0
Oatmeal w/ Brown Sugar	0.50	cup	129.3	2.9	0.5	0.0	2.7	23.6	19.5	0.9	0.0	83.9	25.2	0.0	1.7
Pancake	1.00	each	76.7	2.0	0.3	0.0	2.3	12.7	20.0	0.5	0.0	33.3	160.0	6.7	1.0
Potato & Egg Taco	1.00	each	181.3	6.3	1.2	0.0	6.8	22.2	79.7	1.8	0.9	162.1	427.2	136.1	0.5
Potato Cakes*	1.00	serving	155.2	9.1	1.0	0.0	1.3	16.8	0.0	0.5	3.9	0.0	439.7	0.0	1.9
Sausage Patties	1.00	each	75.6	5.0	1.8	0.0	6.6	1.0	21.7	0.5	0.0	18.1	330.5	16.6	0.5
Scrambled Eggs	0.25	cup	81.3	5.1	1.5	0.0	7.1	1.3	50.2	0.9	0.1	252.3	337.4	212.0	0.0
Toast, Buttered	1.00	slice	137.7	4.8	0.8	0.0	3.5	20.8	15.1	1.2	0.0	85.2	240.0	0.1	2.1
Toast, Cheese	1.00	slice	203.3	9.7	4.9	0.0	8.0	21.6	127.5	1.2	0.0	226.3	520.6	18.9	2.1
Toast, Cinnamon	1.00	slice	151.3	4.8	0.8	0.0	3.5	24.4	22.2	1.4	0.2	86.8	240.2	0.1	2.4
Toaster Pastry, Brown Sugar or Strawberry	1.00	each	210.0	7.0	2.0	0.0	2.0	34.0	0.0	1.8	0.0	500.0	170.0	0.0	0.0
Turnover Bites, Apple	1.00	each	60.0	2.0	0.5	0.0	1.0	9.0	0.0	2.0	0.0	0.0	85.0	0.0	1.0
Waffle Stick	1.00	each	70.0	1.0	0.3	0.0	1.5	14.5	30.0	0.7	0.0	0.0	170.0	0.0	1.0
Yogurt, 8 oz. All Flavors	1.00	each	180.0	0.0	0.0	0.0	6.0	38.0	600.0	0.0	2.4	0.0	150.0	5.0	0.0
Yogurt, 4 oz. All Flavors	1.00	each	90.0	0.0	0.0	0.0	3.0	19.0	300.0	0.0	1.2	0.0	75.0	0.0	0.0
CATCH Program color codes - Green = Go Food, Yellow = Slow Food, Red = Whoa Food															