

Saint Paul Public Schools Nutrition Services
Summer 2009 Breakfast Menu

Nutrient contributions from individual components may not equal the total due to federal rounding regulations. The nutrition information on this website is derived from testing conducted in accredited laboratories, published resources, or from information provided from our suppliers, and NutriKids computer database.

Menu Item	Portion Size	Cal	Chol (G)	Sodium (mg)	Fiber (G)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Protein (G)	Carb. (G)	Tot.Fat (G)	Sat. Fat (G)	Trans Fat (G)
*Banana choc chip brd-wrapped	square	205	39	358	2	1	48	221	2	4	32	7	5	0
*Bread, Apple Cinn.-wrapped	square	284	54	325	2	2	48	331	0	5	44	10	6	0
*Bread, Lemon Poppy Seed	square	202	49	277	2	1	56	203	0	5	31	7	4	0
*Bread, Pumpkin-wrapped	square	206	15	261	2	1	13	2372	1	3	34	7	1	0
*Energy Bar-wrapped	bar	272	30	186	3	2	24	80	0	5	46	9	5	0
*Cracker, graham goldfish	package	120	0	150	1	1	0	0	0	2	19	4	1	0
*Cereal, Cheerios	bowl	70	0	126	2	6	78	549	5	2	14	1	0	0
*Cereal, Cin. Tst. Cr. - Red.	bowl	110	0	170	3	8	500	500	6	2	23	3	0	0
*Cereal, Fruity Cheerios	bowl	100	0	135	2	5	100	500	15	1	28	2	0	0
*Cereal, Golden Grahams	bowl	110	0	260	1	4	80	400	5	1	23	1	0	0
*Cereal, Kix	bowl	70	0	126	2	6	108	572	5	1	16	1	0	0
*Cereal, Mini Wheats, frst.	bowl	100	0	0	3	7	0	0	0	3	23	0	0	0
*Yogurt, Upstate Farms	4 oz.	100	0	75	0	0	300	0	1	3	22	0	0	0
*Milk, 1% Schroeders	8 fl. oz.	110	15	125	0	0	300	500	2	8	13	3	0	0
*Milk, Choc. skim-Schroeder	8 fl. oz.	140	5	180	0	0	300	500	2	8	27	0	0	0
*Milk, Skim	8 fl. oz.	80	4	125	0	0	300	500	2	8	13	0	0	0
*Orange Juice	4 fl. oz.	60	0	1	0	0	150	12	60	1	15	0	0	0
*Fruit Punch	4 fl. oz.	60	0	1	0	0	7	7	60	0	16	0	0	0