

Saint Paul Public Schools Nutrition Services
Breakfast Nutrition Information

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)
*Apple Topping	1/2 cup	112	0	9	2	1	23	14	0	0	29	0	0	0
*Cherry Topping	1/2 cup	139	4	16	1	0	14	602	1	1	33	2	1	0
*Cheesebread	1/24 pan	243	26	400	2	1	320	222	0	14	27	9	5	0
*Cinnamon Toast	slice	174	15	221	1	1	4	178	0	3	25	7	4	0
*Banana choc chip brd-wrapped	1/64 pan	205	39	358	2	1	48	221	2	4	32	7	5	0
*Banana choc chip bread	1/64 pan	205	39	357	2	1	48	221	2	4	32	8	4	0
*Bread, Apple Cinn.-wrapped	square	284	54	325	2	2	48	331	0	5	44	10	6	0
*Bread, Apple Cinnamon	1/96 pan	190	36	217	1	1	32	221	0	3	30	7	4	0
*Bread, Apple/Cherry	1/96 pan	190	36	217	1	1	32	237	0	3	30	7	4	0
*Bread, Lemon Poppy Seed	svg	202	49	277	2	1	56	203	0	5	31	7	4	0
*Bread, Lemon Poppyseed-wrap	squares	174	42	240	2	1	47	175	0	4	27	6	3	0
*Bread, Pumpkin-wrapped	square	206	15	261	2	1	13	2372	1	3	34	7	1	0
*Bread, Pumpkin	square	206	15	261	2	1	13	2372	1	3	34	7	1	0
*Breakfast Smart Cookie	cookie	227	31	222	2	1	15	824	0	3	31	11	6	0
*Cereal, Cin.Tst.Cr. red sug.	bowl	110	0	170	3	8	500	500	6	2	21	3	0	0
*Cereal, Cornflakes, frosted	bowl	110	0	180	0	4	0	1000	12	1	24	0	0	0
*Cereal, Mini Wheats, frst.	bowl	100	0	0	3	7	0	0	0	3	23	0	0	0
*Cereal, Rice Krispies	bowl	70	0	170	0	5	0	200	2	1	16	0	0	0
*Cereal, Rice Chex	bowl	70	0	250	0	9	100	500	6	2	17	0	0	0
*Energy Bar-wrapped	bar	272	30	186	3	2	24	80	0	5	46	9	5	0
*Egg and Cheese Tortilla	wrap	190	190	490	0	2	98	366	0	10	16	10	4	0
Eggs, scrambled	1/4 cup	91	194	154	0	1	39	289	107	6	1	7	2	0
*Pancakes	svg	218	0	683	2	2	151	71	0	6	42	4	0	0
*Sausage and biscuit	biscuit	392	56	669	1	2	44	29	0	16	33	22	8	0
*Sand. Eng Muff-egg/cheese	sandwich	264	156	608	1	2	324	399	0	13	26	12	4	0
*Sand. Eng Muff-ty ham/cheese	sandwich	215	33	690	1	2	175	250	1	13	25	8	4	0
Turkey ham, Canadian	2 slices	30	20	300	0	0	0	0	1	5	1	2	1	0
*Omelet	omelet	130	187	266	0	1	57	425	0	7	1	11	3	0
*Waffle sticks, Belgian	serving	140	0	370	1	2	80	0	0	3	28	2	1	0
*Waffles, cinn toast	svg	195	13	337	1	4	67	1011	0	3	31	7	2	0
*Toast-SEC	slice	151	15	221	1	1	2	177	0	3	19	7	4	0
*Apple Wedges, fresh	6 wedges	71	0	1	3	0	8	73	6	0	19	0	0	0
*Orange wedges, fresh	6 wedges	62	0	0	3	0	52	295	70	1	15	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.	130	5	230	0	0	300	500	0	8	23	0	0	0
*Milk, red. lactose	8 fl. oz	80	4	125	0	0	500	500	0	8	13	0	0	0

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*Milk, strawberry; skim	8 fl. oz	130	5	130	0	0	300	500	0	8	23	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
*Grape juice, white-fortified	fl. oz	64	0	3	0	0	333	10	60	0	16	0	0	0
*Apple Juice	4 fl. oz	60	0	8	0	0	8	4	1	0	15	0	0	0