

Stanwood Camano School District #401
Elementary Breakfast Nutritional Allergy Breakdown

Nutrition Information for Breakfast Items										Allergen Information for Breakfast Menu Items									
Breakfast Items	Serving Size	Calories per Serving	Protein (g)	Carbs (g)	Sugars (g)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Fiber (g)	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat	Gluten Free	
																			CEREALS
Cheerios	1 oz	100	4	21	1	2	0	140	3										X
Honey Nut Cheerios	1 oz	110	2	23	9	1.5	0	160	2				X						X
Apple Cinnamon Cheerios	1 oz	110	2	23	9	1.5	0	110	2										X
Cinnamon Chex	1 oz	120	1	23	6	2.5	0	170	1										X
WG Red. Sugar Cinnamon Toast Crunch	1 oz	120	1	22	6	2.5	0	160	3							X	X		
WG Red. Sugar Cocoa Puffs	1 ea	90	1	20	8	1	0	150	1										
WG Golden Grahams	1 ea	100	1	24	8	1	0	220	1								X		
WG Lucky Charms	1 ea	100	2	21	11	1	0	190	1										
Reduced Sugar Trix	1 ea	100	1	21	2	1	0	140	<1										
Kellogg's Whole Grain Rice Krispies	1 ea	100	2	23	1	0.5	0	170	<1										
Kellogg's Whole Grain Frosted Flakes	1 ea	100	2	24	7	0	0	160	2								X		
Kellogg's WG Red Sugar Fruit Loops	1 ea	110	2	24	8	1	0.5	170	3								X		
WG Low Fat Granola w/raisins	1 ea	230	5	48	17	3	0.5	150	4				X			X	X		
WG Cookie Crisp Cereal	1 ea	80	1	19	9	1	0	125	0							X	X		
BARS																			
Cinnamon Toast Crunch Cereal Bar	1 ea	160	2	30	8	3.5	0	120	3								X		
Kellogg's Chocolate Cereal Bar	1 ea	150	2	27	10	4.5	1	140	3	X						X			
Cocoa Puff Cereal Bar	1 ea	160	3	30	9	3.5	0	105	3							X	X		
Trix Cereal Bar	1 ea	160	2	29	9	3.5	0	105	3								X		
Fruity Cheerios Cereal Bar	1 ea	150	3	29	9	3.5	0	105	3								X		
Golden Grahams Cereal Bar	1 ea	160	2	30	9	3.5	0	115	3							X	X		
Nutri-Grain Cereal Bar - Raspberry	1 ea	120	2	24	12	3	0.5	110	3	X						X	X		
Nutri-Grain Cereal Bar - Strawberry	1 ea	130	2	25	12	3.5	0.5	140	1	X						X	X		
Nutri-Grain Cereal Bar - Apple Cinnamon	1 ea	130	2	25	13	3.5	0.5	125	1	X						X	X		
Nutri-Grain Cereal Bar - Mixed Berry	1 ea	130	2	25	12	3.5	0.5	130	1	X						X	X		

x= Contains Allergen

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Nutri-Grain Cereal Bar - Cherry	1 ea	130	1	25	13	3.5	0.5	125	1	X						X	X	
Nutri-Grain Cereal Bar - Blueberry	1 ea	130	2	25	13	3.5	0.5	130	1	X						X	X	
	1 ea																	
	1 ea																	
ENTREES																		
WG Breakfast Bar	1 ea	370	6	56	31	13.5	6	315	3	X	X					X	X	
Pillsbury Mini Bagel w/Straw Cream Cheese	1 pkg	230	6	42	13	6	2	190	2	X						X	X	
Pillsbury Mini Bagel w/Cin Cream Cheese	1 pkg	230	6	42	13	6	2	190	2	X						X	X	
Pillsbury Mini Cin. French Toast	1 pkg	220	3	37	11	11	1	380	2	X	X					X	X	
Pillsbury Mini Cinnis	1 pkg	240	4	40	14	7	1.5	270	3	X						X	X	
Pillsbury Chocolate Chip Mini Pancakes	1 pkg	240	4	43	15	6	0.5	280	3	X	X						X	
YOGURT																		
Fruit & Yogurt Parfait w/granola		478	43	106	61.5	3.5	0	247	8	X						X	X	
Yoplait Strawberry	4 oz	100	3	21	14	0.5	0	50	0	X								X
Yoplait Strawberry & Banana	4 oz	100	3	21	14	0.5	0	50	0	X								X
Yoplait Red Raspberry	4 oz	100	3	21	14	0.5	0	50	0	X								X
Yoplait Harvest Peach	4 oz	100	3	21	14	0.5	0	50	0	X								X
Yoplait Mountain Blueberry	6 oz	150	6	28	20	2	1	85	0	X								X
Yoplait Harvest Peach	6 oz	150	6	28	20	2	1.5	90	0	X								X
Yoplait Strawberry	6 oz	150	6	27	19	2	1.5	90	0	X								X
Yoplait Chrry Orchard	6 oz	150	6	27	19	2	1.5	90	0	X								X
Yoplait French Vanilla	6 oz	150	6	27	20	2	1.5	90	0	X								X
Yoplait Lemon Burst	6 oz	150	6	27	19	2	1.5	115	0	X								X
FRUIT																		
Raisins	1/4 c	114	1	30	23	0	0	4	1									X
Cherry Craisins	1/4 c	130	0	33	29	0	0	0	3									X
Orange Craisins	1/4 c	110	0	28	24	0	0	0	3									X
Canned Peaches	1/2 c	70	<1	17	13	0	0	10	<1									X
Canned Pears	1/2 c	80	<1	20	14	0	0	85	2									X
Mandarin Oranges	1/2 c	80	0	19	18	0	0	10	0									X
Pineapple Chunks	1/2 c	70	0	18	17	0	0	0	1									X
Applesauce	1/2 c	90	0	13	9	0	0	10	2									X

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