

Poudre School District Nutrition Information

BREAKFAST SELECTIONS	Nutrition Information								Allergens					
	Calories	Total Fat g	Saturated Fat g	Cholesterol mg	Sodium mg	Total Carb g	Fiber g	Protein g	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
BAGEL	230	1.0	0.0	0	490	47	1	8						
WITH CREAM CHEESE	310	9.0	4.5	30	610	49	1	9			•		•	
BISCUIT & GRAVY	245	12.0	6.0	0	730	33	1	3			•	•	•	
BREAKFAST BURRITO	407	19.9	8.9	250	1194	27	1	26	•		•		•	
BREAKFAST ROUND	270	8.0	3.0	0	240	44	6	4	•		•	•	•	
BLUEBERRY	240	5.0	1.0	5	210	44	6	5	•		•	•	•	
ORANGE CRANBERRY	250	5.0	1.0	5	220	45	7	5	•		•	•	•	
BREAKFAST SAUSAGE PIZZA	220	8.0	2.0	15	480	27	3	10			•	•	•	
CEREAL														
CHEERIOS, FRUITY	90	1.0	0.0	0	120	20	1	1					•	
CHEERIOS, HONEY NUT	110	1.5	0.0	0	190	22	2	3					•	•
CHEERIOS, MULTI GRAIN	70	1.0	0.0	0	75	15	2	1					•	
COCOA PUFFS, RED SUGAR	100	1.5	0.0	0	180	22	0	1						
KIX, BERRY BERRY	90	1.0	0.0	0	130	21	0	1					•	
CINNAMON ROLL	190	3.5	1.0	0	210	11	1	5	•				•	
EGG & CHEESE BISCUIT	320	16.4	5.0	123	985	32	1	12	•		•	•	•	
FRENCH TOAST STICKS	260	10.0	2.0	20	370	38	4	5	•		•		•	
FRUIT & YOGURT PARFAIT	192	2.7	1.5	15	171	31	1	12			•			
OATMEAL - ORIGINAL	100	2.0	0.0	0	75	19	3	4						
APPLES & CINNAMON	130	1.5	0.0	0	180	27	3	3						
CINNAMON & SPICE	160	2.5	0.5	0	210	32	3	4						
MAPLE & BROWN SUGAR	160	2.5	0.5	0	260	32	3	4						
MUFFINS														
RF APPLE CINNAMON	170	5.0	1.0	30	160	27	1	3	•		•		•	
RF BANANA	170	5.0	1.0	30	180	27	1	3	•		•		•	
RF BLUEBERRY	160	5.0	1.0	30	190	27	1	3	•		•	•	•	
RF CHOCOLATE CHIP	170	6.0	1.5	30	160	28	1	3	•		•		•	
OMELETTE, CHEESE	200	16.0	6.0	290	470	3	0	12	•		•			
PANCAKE & SAUSAGE WRAP	230	12.0	3.5	35	480	23	0	6			•	•	•	
PANCAKES, MINI STRAWBERRY	170	5.0	0.5	5	200	29	2	4	•		•		•	
SAUSAGE & CHEESE BISCUIT	324	18.5	9.0	42	840	29	1	12			•	•	•	
SAUSAGE BISCUIT	270	14.0	6.0	30	690	28	1	9			•	•	•	
SAUSAGE PATTY	60	4.0	1.0	30	100	0	0	6						
SCRAMBLED EGGS	137	9.1	3.0	334	380	3	0	9	•		•			
WAFFLE	170	5.0	1.5	25	400	26	1	4	•		•	•	•	
YOGURT	110	1.5	1.0	5	80	19	0	5			•			
WITH STRING CHEESE	190	6.5	4.0	20	270	20	0	12			•			

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BREAKFAST IN THE CLASSROOM	Nutrition Information								Allergens					
	Calories	Total Fat g	Saturated Fat g	Cholesterol mg	Sodium mg	Total Carb g	Fiber g	Protein g	Egg	Fish	Milk	Soy	Wheat	Peanut/Tree Nut
BAGEL	230	1.0	0.0	0	490	47	1	8					•	
WITH CREAM CHEESE	310	9.0	4.5	30	610	49	1	9			•		•	
BREAKFAST ROUND	270	8.0	3.0	0	240	44	6	4	•		•	•	•	
BLUEBERRY	240	5.0	1.0	5	210	44	6	5	•		•	•	•	
ORANGE CRANBERRY	250	5.0	1.0	5	220	45	7	5	•		•	•	•	
CRACKERS, ANIMAL (INDIV)	130	2	0	0	90	25	0.5	2				•	•	
WITH STRING CHEESE	190	4.5	2	10	300	26	0.5	10			•	•	•	
FRENCH TOAST MINIS	190	5	1	5	370	34	2	3	•		•		•	
GRANOLA BAR, CHOC CHIP	90	2	0.5	0	55	19	1	1			•	•	•	•
GRANOLA BAR, MAPLE	140	2.5	1	0	120	28	1	2			•	•	•	•
GRANOLA BAR, OATMEAL	90	1.5	0	0	80	19	1	1			•	•	•	•
GRANOLA BAR, PB CHOC CHIP	100	3	1	0	95	17	1	2			•	•	•	•
GRANOLA BAR, SWEET & SALTY	170	9	2.5	0	130	19	2	4			•	•	•	•
MORNING MIX UPS	190	5.0	0.5	0	125	32	3	4					•	
MUFFINS														
RF APPLE CINNAMON	170	5.0	1.0	30	160	27	1	3	•		•		•	
RF BANANA	170	5.0	1.0	30	180	27	1	3	•		•		•	
RF BLUEBERRY	160	5.0	1.0	30	190	27	1	3	•		•	•	•	
RF CHOCOLATE CHIP	170	6.0	1.5	30	160	28	1	3	•		•		•	
PANCAKES, MINI STRAWBERRY	170	5.0	0.5	5	200	29	2	4	•		•		•	
SNACKBAR, CINN TOAST CRUNCH	140	3.5	0.5	0	130	27	2	2					•	
YOGURT	110	1.5	1.0	5	80	19	0	5			•			
WITH STRING CHEESE	190	6.5	4.0	20	270	20	0	12			•			

The data within this report should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.