

Seattle Public Schools
Nutrition Services
Breakfast Carbohydrate Reference

| | Elementary | | Secondary | |
|--|--------------------|------------|--------------------|------------|
| | Serving | Carbs | Serving | Carbs |
| Cereal/Breads: | | | | |
| Cinnamon Flakes | 1 bowl (1 oz.) | 24 g | 1 bowl (1 oz.) | 24 g |
| Multigrain Cheerios | 1 bowl (1 oz.) | 23g | 1 bowl (1 oz.) | 23g |
| Rice Chex | 1 bowl (1 oz.) | 24g | 1 bowl (1 oz.) | 24g |
| Rice Krispies | 1 bowl (1 oz.) | 16g | 1 bowl (1 oz.) | 16g |
| 100% Whole Grain Bagel | 1 each (2.2 oz.) | 30g | 1 each (2.2 oz.) | 30g |
| 100% Whole Grain English Muffin | 1 each (2.3 oz.) | 26g | 1 each (2.3 oz.) | 26g |
| 100% Whole Grain Toast | 1 slice (1.1 oz.) | 14g | 1 slice (1.1 oz.) | 14g |
| Entrees : | | | | |
| Blueberry Mini Loaf | | | 1 piece (3.2 oz.) | 34g |
| Breakfast Pizza | 1 piece (3.31 oz.) | 27g | 1 piece (3.31 oz.) | 27g |
| Breakfast Quesadilla | 1 each (3.2 oz.) | 14g | 1 each (3.2 oz.) | 14g |
| Cheesy Breakfast Bagel | 1 each (3.11 oz.) | 23g | 1 each (3.11 oz.) | 23g |
| Egg and Cheese Burrito | 1 each (3.1 oz.) | 14g | 1 each (3.1 oz.) | 14g |
| French Toast Sticks | 4 sticks (3.1 oz.) | 35g | 4 sticks (3.1 oz.) | 35g |
| Honey Wheat Bar | | | 1 each (2.5 oz.) | 50g |
| Pancake & Turkey Sausage on a Stick | 1 each (2.7 oz.) | 18g | 1 each (2.7 oz.) | 18g |
| Pancake Mini Wraps (Football) | 3 each (2.55 oz.) | 15g | | |
| Pancakes | 2 each (2.8 oz.) | 31g | 2 each (2.8 oz.) | 31g |
| Turkey Sausage Wrap | 1 each (2.5 oz.) | 17g | 1 each (2.5 oz.) | 17g |
| Waffle Sticks | 4 sticks (3.1 oz.) | 37g | 4 sticks (3.1 oz.) | 37g |
| Homemade Blueberry Loaf | 1 slice (60 cut) | 37g | 1 slice (45 cut) | 50g |
| Homemade Zucchini Bread | 1 slice (60 cut) | 30g | 1 slice (45 cut) | 40g |
| Combination Entrees: | | | | |
| Cinnamon Roll | 1 roll | 34g | 1 roll | 34g |
| Glaze for Cinnamon Roll | (.5 oz.) | 12g | (.5 oz.) | 12g |
| Cinnamon Roll Total | | 46g | | 46g |
| Pancakes | | | 2 each (2.8 oz.) | 31g |
| Scrambled Eggs | | | 2 oz. | 2g |
| Pancakes & Eggs Total | | | | 33g |
| Egg Patty | 1 each (1.25 oz.) | 1g | 1 each (1.25 oz.) | 1g |
| American Cheese Slice | 1 each (.5 oz.) | 1g | 1 each (.5 oz.) | 1g |
| WG Biscuit | 1 each (2 oz.) | 27g | 1 each (2 oz.) | 27g |
| Total Egg & Cheese Biscuit | | 29g | | 29g |
| Egg Patty | 1 each (1.25 oz.) | 1g | 1 each (1.25 oz.) | 1g |
| American Cheese Slice | 1 each (.5 oz.) | 1g | 1 each (.5 oz.) | 1g |
| 100% WG English Muffin | 1 each (2.3 oz.) | 26g | 1 each (2.3 oz.) | 26g |
| Total Egg & Cheese Muffin | | 28g | | 28g |
| Turkey Ham | | | 1 slice (.5 oz.) | 1g |
| American Cheese Slice | | | 1 each (.5 oz.) | 1g |
| WG Biscuit | | | 1 each (2 oz.) | 27g |
| Total Turkey Ham & Cheese Biscuit | | | | 29g |

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| | Serving | Carbs | Serving | Carbs |
| Turkey Ham | | | 1 slice (.5 oz.) | 1g |
| American Cheese Slice | | | 1 each (.5 oz.) | 1g |
| 100% WG English Muffin | | | 1 each (2.3 oz.) | 26g |
| Total Turkey Ham & Cheese Muffin | | | | 28g |
| Turkey Sausage Patty | 1 each (1 oz.) | 0g | 1 each (1 oz.) | 0g |
| American Cheese Slice | 1 each (.5 oz.) | 1g | 1 each (.5 oz.) | 1g |
| WG Biscuit | 1 each (2 oz.) | 27g | 1 each (2 oz.) | 27g |
| Total Turkey Sausage & Cheese Biscuit | | 29g | | 29g |
| Turkey Sausage Patty | 1 each (1 oz.) | 0g | 1 each (1 oz.) | 0g |
| American Cheese Slice | 1 each (.5 oz.) | 1g | 1 each (.5 oz.) | 1g |
| 100% WG English Muffin | 1 each (2.3 oz.) | 26g | 1 each (2.3 oz.) | 26g |
| Total Turkey Sausage & Cheese Muffin | | 28g | | 28g |
| Fruit : | | | | |
| Fresh Apple | 1 small | 19g | 1 small | 19g |
| Fresh Banana | 1 petite | 23g | 1 petite | 23g |
| Fresh Grapes | 1/2 cup | 8g | 1/2 cup | 8g |
| Fresh Kiwi | 1 whole | 11g | 1 whole | 11g |
| Fresh Orange | 1/2 whole | 11g | 1/2 whole | 11g |
| Fresh Pear | 1 small | 20g | 1 small | 20g |
| Fresh Plum | 1 small | 10g | 1 small | 10g |
| Applesauce | 1/2 cup | 23g | 1/2 cup | 23g |
| Canned Pears | 1/2 cup | 20g | 1/2 cup | 20g |
| Canned Peaches | 1/2 cup | 14g | 1/2 cup | 14g |
| Mixed Fruit | 1/2 cup | 18g | 1/2 cup | 18g |
| 100% Juice Apple | 1/2 cup | 14g | 1/2 cup | 14g |
| 100% Juice Orange | 1/2 cup | 13g | 1/2 cup | 13g |
| Dairy: | | | | |
| Nonfat White Milk | 8 oz | 13g | 8 oz | 13g |
| 1% White Milk | 8 oz | 13g | 8 oz | 13g |
| 1% Lactose Free White Milk | 8 oz | 13g | 8 oz | 13g |
| Soy milk | 8 oz | 15g | 8 oz | 15g |
| Low Fat Yogurt - Strawberry | 4 oz. | 19g | 4 oz. | 19g |
| Condiments: | | | | |
| Cream Cheese | 1 oz. | 2g | 1 oz. | 2g |
| Jelly | 1 TB | 13g | 1 TB | 13g |
| Peanut Butter | 1 TB | 4g | 1 TB | 4g |
| Sunbutter | 1 TB | 4 g | 1 TB | 4 g |
| Syrup | 1.5 oz. - 3 TB | 28g | 1.5 oz. - 3 TB | 28g |
| The carbohydrate information is taken directly from manufacturers' labels and databases and is subject to change. Seattle Public Schools does not guarantee the accuracy of the information and provides it solely for your convenience. For additional information, please contact the SPS Nutrition Services Department. | | | | |