

NUTRITION FACTS & ALLERGEN BREAKFAST MENU



Please Note



All Information is subject to change

Updated 1/23/15

If your child has any food allergies or
medical condition that requires special needs

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Food is prepared in a kitchen that also prepares foods containing
wheat, peanuts, dairy, eggs, soy, tree nuts, fish and shellfish

Listed in no particular order

Bagel

Contains: wheat, soy

| | |
|---------------|--------|
| Calories | 170 |
| Total Fat | 1.5 g |
| Saturated Fat | 0 g |
| Sodium | 280 mg |
| Total Carb | 33 g |
| Dietary Fiber | 3 g |
| Sugar | 3 g |
| Protein | 6 g |



Cream Cheese

Contains: dairy

| | |
|---------------|--------|
| Calories | 40 |
| Total Fat | 3.5 g |
| Saturated Fat | 2 g |
| Sodium | 100 mg |
| Total Carb | 1 g |
| Dietary Fiber | 0 g |
| Sugar | <1 g |
| Protein | 2 g |

Muffin - blueberry mini loaf

Contains: dairy, egg, wheat, soy

| | |
|---------------|-------|
| Calories | 196 |
| Total Fat | 5.2 g |
| Saturated Fat | 0.9 g |
| Sodium | 78 mg |
| Total Carb | 35 g |
| Dietary Fiber | 2.1 g |
| Sugar | 17 g |
| Protein | 2.5 g |



Breakfast Pizza

Contains: dairy, wheat, soy

| | |
|---------------|--------|
| Calories | 210 |
| Total Fat | 8 g |
| Saturated Fat | 2 g |
| Sodium | 480 mg |
| Total Carb | 27 g |
| Dietary Fiber | 3 g |
| Sugar | 8 g |
| Protein | 10 g |

Breakfast Bar - apple cinnamon

Contains: dairy, egg, wheat, soy

| | |
|---------------|--------|
| Calories | 290 |
| Total Fat | 9 g |
| Saturated Fat | 2.5 g |
| Sodium | 250 mg |
| Total Carb | 48 g |
| Dietary Fiber | 3 g |
| Sugar | 23 g |
| Protein | 5 g |



Breakfast Bar - choc.chip

Contains: dairy, egg, wheat, soy

| | |
|---------------|--------|
| Calories | 290 |
| Total Fat | 9 g |
| Saturated Fat | 3 g |
| Sodium | 240 mg |
| Total Carb | 47 g |
| Dietary Fiber | 3 g |
| Sugar | 22 g |
| Protein | 5 g |

Cereal - Apple Cinn. Cheerios

Contains:

| | |
|---------------|--------|
| Calories | 110 |
| Total Fat | 1.5 g |
| Saturated Fat | 0 g |
| Sodium | 110 mg |
| Total Carb | 23 g |
| Dietary Fiber | 2 g |
| Sugar | 10 g |
| Protein | 2 g |



Cereal - Fruity Cheerios

Contains: wheat

| | |
|---------------|--------|
| Calories | 120 |
| Total Fat | 1.5 g |
| Saturated Fat | 0 g |
| Sodium | 150 mg |
| Total Carb | 26 g |
| Dietary Fiber | 2 g |
| Sugar | 10 g |
| Protein | 2 g |

Cereal - Honey Nut Cheerios

Contains: Almond, wheat

| | |
|---------------|--------|
| Calories | 110 |
| Total Fat | 1.5 g |
| Saturated Fat | 0 g |
| Sodium | 160 mg |
| Total Carb | 22 g |
| Dietary Fiber | 2 g |
| Sugar | 9 g |
| Protein | 2 g |



Cereal - Cocoa Puffs

Contains:

| | |
|---------------|--------|
| Calories | 110 |
| Total Fat | 1.5 g |
| Saturated Fat | 0 g |
| Sodium | 160 mg |
| Total Carb | 25 g |
| Dietary Fiber | 2 g |
| Sugar | 8 g |
| Protein | 2 g |

Cereal - Cinn. Toast Crunch

Contains:

| | |
|---------------|--------|
| Calories | 110 |
| Total Fat | 3 g |
| Saturated Fat | 0.5 g |
| Sodium | 160 mg |
| Total Carb | 22 g |
| Dietary Fiber | 3 g |
| Sugar | 6 g |
| Protein | 1 g |



Cereal - Golden Grahams

Contains: wheat

| | |
|---------------|--------|
| Calories | 110 |
| Total Fat | 1 g |
| Saturated Fat | 0 g |
| Sodium | 220 mg |
| Total Carb | 24 g |
| Dietary Fiber | 1 g |
| Sugar | 9 g |
| Protein | 1 g |

Cereal - Trix

Contains:

| | |
|---------------|--------|
| Calories | 110 |
| Total Fat | 1 g |
| Saturated Fat | 0 g |
| Sodium | 140 mg |
| Total Carb | 24 g |
| Dietary Fiber | 1 g |
| Sugar | 7 g |
| Protein | 1 g |



Cinnamon bun

Contains: dairy, egg, wheat, soy

| | |
|---------------|--------|
| Calories | 240 |
| Total Fat | 8 g |
| Saturated Fat | 2 g |
| Sodium | 300 mg |
| Total Carb | 40 g |
| Dietary Fiber | 2 g |
| Sugar | 15 g |
| Protein | 5 g |

Goldfish Graham Cracker

Contains: dairy, wheat, soy

| | |
|---------------|--------|
| Calories | 120 |
| Total Fat | 4 g |
| Saturated Fat | 1 g |
| Sodium | 110 mg |
| Total Carb | 19 g |
| Dietary Fiber | 1 g |
| Sugar | 6 g |
| Protein | 1 g |



String cheese

Contains: dairy

| | |
|---------------|--------|
| Calories | 80 |
| Total Fat | 6 g |
| Saturated Fat | 3.5 g |
| Sodium | 200 mg |
| Total Carb | <1 g |
| Dietary Fiber | 0 g |
| Sugar | 0 g |
| Protein | 6 g |

Pancakes, mini (9)

Contains: dairy, egg, wheat, soy

| | |
|---------------|---------|
| Calories | 157 |
| Total Fat | 2.25 g |
| Saturated Fat | 0.4 g |
| Sodium | 368 mg |
| Total Carb | 32.25 g |
| Dietary Fiber | 4.5 g |
| Sugar | 6 g |
| Protein | 4.5 g |



Syrup

Contains:

| | |
|---------------|-------|
| Calories | 110 |
| Total Fat | 0 g |
| Saturated Fat | 0 g |
| Sodium | 10 mg |
| Total Carb | 27 g |
| Dietary Fiber | 0 g |
| Sugar | 18 g |
| Protein | 0 g |

Yogurt - straw-ban & rasp

Contains: dairy

| | |
|---------------|-------|
| Calories | 100 |
| Total Fat | 0.5 g |
| Saturated Fat | 0.5 g |
| Sodium | 50 mg |
| Total Carb | 20 g |
| Dietary Fiber | 0 g |
| Sugar | 14 g |
| Protein | 3 g |



Waffle

Contains: dairy, egg, wheat, soy

| | |
|---------------|--------|
| Calories | 240 |
| Total Fat | 7 g |
| Saturated Fat | 1.5 g |
| Sodium | 310 mg |
| Total Carb | 42 g |
| Dietary Fiber | 4 g |
| Sugar | 19 g |
| Protein | 5 g |

Pop Tarts - strawberry

Pop Tarts - cinnamon

Contains: wheat, soy

| | |
|---------------|--------|
| Calories | 180 |
| Total Fat | 2.5 g |
| Saturated Fat | 1 g |
| Sodium | 180 mg |
| Total Carb | 38 g |
| Dietary Fiber | 3 g |
| Sugar | 15 g |
| Protein | 2 g |

**Contains: wheat, soy**

| | |
|---------------|--------|
| Calories | 180 |
| Total Fat | 2.5 g |
| Saturated Fat | 1 g |
| Sodium | 190 mg |
| Total Carb | 37 g |
| Dietary Fiber | 3 g |
| Sugar | 15 g |
| Protein | 2 g |

Chex - strawberry yogurt

Contains: dairy, wheat, soy

| | |
|---------------|-------|
| Calories | 120 |
| Total Fat | 3 g |
| Saturated Fat | 1 g |
| Sodium | 55 mg |
| Total Carb | 23 g |
| Dietary Fiber | 2 g |
| Sugar | 6 g |
| Protein | 2 g |



Chex - Chocolate caramel

Contains: dairy, wheat, soy

| | |
|---------------|-------|
| Calories | 130 |
| Total Fat | 4 g |
| Saturated Fat | 1 g |
| Sodium | 65 mg |
| Total Carb | 22 g |
| Dietary Fiber | 2 g |
| Sugar | 8 g |
| Protein | 2 g |

Yogurt Parfait

Contains: dairy, egg, wheat, soy

| | |
|---------------|--------|
| Calories | 176 |
| Total Fat | 5.25 g |
| Saturated Fat | 1.5 g |
| Sodium | 145 mg |
| Total Carb | 27 g |
| Dietary Fiber | 1 g |
| Sugar | 18 g |
| Protein | 6.75 g |



Maple Bar

Contains: dairy, egg, wheat, soy

| | |
|---------------|--------|
| Calories | 322 |
| Total Fat | 15 g |
| Saturated Fat | 7 g |
| Sodium | 340 mg |
| Total Carb | 43 g |
| Dietary Fiber | 3 g |
| Sugar | 4 g |
| Protein | 5 g |

Milk - fat free

Contains:

| | |
|---------------|--------|
| Calories | 90 |
| Total Fat | 0 g |
| Saturated Fat | 0 g |
| Sodium | 115 mg |
| Total Carb | 12 g |
| Dietary Fiber | 0 g |
| Sugar | 12 g |
| Protein | 9 g |



Milk - 1%

Contains:

| | |
|---------------|--------|
| Calories | 110 |
| Total Fat | 2.5 g |
| Saturated Fat | 1.5 g |
| Sodium | 115 mg |
| Total Carb | 12 g |
| Dietary Fiber | 0 g |
| Sugar | 12 g |
| Protein | 8 g |

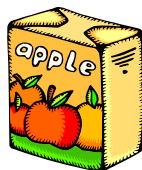
Milk - fat free chocolate

Contains:

Juice - apple

Contains:

| | |
|---------------|--------|
| Calories | 150 |
| Total Fat | 0 g |
| Saturated Fat | 0 g |
| Sodium | 190 mg |
| Total Carb | 29 g |
| Dietary Fiber | 0 g |
| Sugar | 28 g |
| Protein | 8 g |



| | |
|---------------|-------|
| Calories | 50 |
| Total Fat | 0 g |
| Saturated Fat | 2 g |
| Sodium | 10 mg |
| Total Carb | 13 g |
| Dietary Fiber | 0 g |
| Sugar | 12 g |
| Protein | 0 g |

Juice - apple cherry

Contains:

| | |
|---------------|-------|
| Calories | 50 |
| Total Fat | 0 g |
| Saturated Fat | 0 g |
| Sodium | 10 mg |
| Total Carb | 13 g |
| Dietary Fiber | 0 g |
| Sugar | 12 g |
| Protein | 0 g |



Juice - fruit punch

Contains:

| | |
|---------------|-------|
| Calories | 60 |
| Total Fat | 0 g |
| Saturated Fat | 0 g |
| Sodium | 15 mg |
| Total Carb | 15 g |
| Dietary Fiber | 0 g |
| Sugar | 14 g |
| Protein | 0 g |

Juice - orange

Contains:

| | |
|---------------|------|
| Calories | 60 |
| Total Fat | 0 g |
| Saturated Fat | 0 g |
| Sodium | 0 mg |
| Total Carb | 13 g |
| Dietary Fiber | 0 g |
| Sugar | 13 g |
| Protein | 0 g |



Juice - orange pineapple

Contains:

| | |
|---------------|------|
| Calories | 60 |
| Total Fat | 0 g |
| Saturated Fat | 0 g |
| Sodium | 0 mg |
| Total Carb | 16 g |
| Dietary Fiber | 0 g |
| Sugar | 13 g |
| Protein | 0 g |