



# NUTRITION FACTS & ALLERGEN

## BREAKFAST MENU



Please Note



All Information is subject to change

UPDATED ON 2/26/2018

If your child has any food allergies or medical condition that requires special needs,  
Please contact Carol Puderbaugh, RN, Junction City School District Nurse  
at 541-998-5037 or cpuderbaugh@junctioncity.k12.or.us

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

#### Breakfast Burrito

**Contains: dairy, egg, wheat, soy**

Calories	185
Total Fat	7.5 g
Saturated Fat	3 g
Sodium	221.3 mg
Total Carb	21 g
Dietary Fiber	3.2 g
Sugar	0.6 g
Protein	9.5 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

#### Muffin - blueberry mini loaf

**Contains: egg, wheat, soy**



Calories	190
Total Fat	6 g
Saturated Fat	2 g
Sodium	130 mg
Total Carb	30 g
Dietary Fiber	2 g
Sugar	16 g
Protein	3 g

### Breakfast Bar - choc chip banana

**Contains: dairy, egg, wheat, soy**



Calories	280
Total Fat	8 g
Saturated Fat	3 g
Sodium	220 mg
Total Carb	48 g
Dietary Fiber	3 g
Sugar	23 g
Protein	5 g

### Breakfast Bar - app. cinn.

**Contains: dairy, egg, wheat, soy**



Calories	290
Total Fat	9 g
Saturated Fat	3 g
Sodium	240 mg
Total Carb	48 g
Dietary Fiber	3 g
Sugar	22 g
Protein	5 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

### Yogurt Parfait

**Contains: dairy, egg, wheat, soy**

Calories	198
Total Fat	5.3 g
Saturated Fat	1.6 g
Sodium	139.6 mg
Total Carb	31.2 g
Dietary Fiber	1.8 g
Sugar	21.4 g
Protein	6.4 g



### Yogurt - Yoplait straw-ban

**Contains: dairy**

Calories	80
Total Fat	0.5 g
Saturated Fat	0 g
Sodium	60 mg
Total Carb	15 g
Dietary Fiber	0 g
Sugar	9 g
Protein	4 g



### Yogurt - Yoplait raspberry

**Contains: dairy**

Calories	80
Total Fat	0.5 g
Saturated Fat	0 g
Sodium	65 mg
Total Carb	15 g
Dietary Fiber	0 g
Sugar	9 g
Protein	4 g

### Roll - Mini Cinnis

**Contains: dairy, wheat**



Calories	240
Total Fat	7 g
Saturated Fat	1.5 g
Sodium	270 mg
Total Carb	30 g
Dietary Fiber	2 g
Sugar	15 g
Protein	5 g

### Goldfish Graham Cracker

**Contains: wheat, soy**

Calories	120
Total Fat	4 g
Saturated Fat	1 g
Sodium	135 mg
Total Carb	19 g
Dietary Fiber	1 g
Sugar	6 g
Protein	2 g

### Frudel Strudel - apple or cherry

**Contains: dairy, wheat, soy**



Calories	210
Total Fat	6 g
Saturated Fat	1 g
Sodium	260 mg
Total Carb	37 g
Dietary Fiber	2 g
Sugar	11 g
Protein	5 g

### Bagel - plain

**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

### Bagel - blueberry

**Contains: wheat, soy**



Calories	170
Total Fat	1.5 g
Saturated Fat	0 g
Sodium	260 mg
Total Carb	33 g
Dietary Fiber	3 g
Sugar	4 g
Protein	6 g

### Cream Cheese - regular, light

**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

### Breakfast Cookie - UBR (oatmeal cinn)

**Contains: dairy, egg, wheat, soy**

Calories	280
Total Fat	8 g
Saturated Fat	3 g
Sodium	190 mg
Total Carb	44 g
Dietary Fiber	6 g
Sugar	19 g
Protein	5 g

### Breakfast Cookie - choc ch oatmeal

**Contains: dairy, egg, wheat, soy**



Calories	270
Total Fat	8 g
Saturated Fat	3 g
Sodium	180 mg
Total Carb	44 g
Dietary Fiber	6.2 g
Sugar	19 g
Protein	5 g

### Cereal Bar - Cheerios (strawberry)

**Contains: wheat, soy**



Calories	150
Total Fat	3.5 g
Saturated Fat	0.5 g
Sodium	85 mg
Total Carb	30 g
Dietary Fiber	3 g
Sugar	9 g
Protein	2 g

### Cereal Bar - Cheerios (Fruity)

**Contains: wheat, soy**



Calories	150
Total Fat	3 g
Saturated Fat	0.5 g
Sodium	105 mg
Total Carb	30 g
Dietary Fiber	3 g
Sugar	9 g
Protein	2 g

### Cereal Bar - Cin. Toast Crunch

**Contains: wheat, soy**



Calories	150
Total Fat	3 g
Saturated Fat	0.5 g
Sodium	115 mg
Total Carb	30 g
Dietary Fiber	3 g
Sugar	8 g
Protein	3 g

### Cereal Bar - Cocoa Puffs

**Contains: wheat, soy**

Calories	150
Total Fat	3 g
Saturated Fat	0 g
Sodium	100 mg
Total Carb	30 g
Dietary Fiber	3 g
Sugar	9 g
Protein	3 g

### Maple Bar

**Contains: dairy, egg, wheat, soy**



Calories	360
Total Fat	15.4 g
Saturated Fat	7.3 g
Sodium	343.6 mg
Total Carb	51 g
Dietary Fiber	3 g
Sugar	27.2 g
Protein	5 g

### Pop Tarts - strawberry & cinnamon

**Contains: wheat, soy**



Calories	180
Total Fat	2.5 g
Saturated Fat	1 g
Sodium	190 mg
Total Carb	38 g
Dietary Fiber	3 g
Sugar	15 g
Protein	2 g

### Scooby-Doo Treats - graham cracker

**Contains: wheat, soy**

Calories	120
Total Fat	3.5 g
Saturated Fat	1 g
Sodium	115 mg
Total Carb	21 g
Dietary Fiber	1 g
Sugar	8 g
Protein	2 g

### Chex Mix - 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 Mix - Chocolate caramel

**Contains: dairy, wheat, soy**

Calories	120
Total Fat	3.5 g
Saturated Fat	0.5 g
Sodium	50 mg
Total Carb	22 g
Dietary Fiber	2 g
Sugar	6 g
Protein	2 g

### Cereal - Cheerios (GF)

**Contains:**

Calories	100
Total Fat	2 g
Saturated Fat	0.5 g
Sodium	140 mg
Total Carb	20 g
Dietary Fiber	3 g
Sugar	1 g
Protein	3 g



### Cereal - Apple Cinn. Cheerios (GF)

**Contains: wheat**

Calories	110
Total Fat	1.5 g
Saturated Fat	0 g
Sodium	110 mg
Total Carb	22 g
Dietary Fiber	2 g
Sugar	10 g
Protein	2 g

### Cereal - Fruity Cheerios

**Contains:**



Calories	120
Total Fat	1.5 g
Saturated Fat	0 g
Sodium	140 mg
Total Carb	25 g
Dietary Fiber	2 g
Sugar	9 g
Protein	2 g

### Cereal - Chex, cinn (GF)

**Contains:**

Calories	110
Total Fat	2 g
Saturated Fat	0 g
Sodium	170 mg
Total Carb	23 g
Dietary Fiber	1 g
Sugar	7 g
Protein	1 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 (GF)

**Contains:**



Calories	110
Total Fat	1.5 g
Saturated Fat	0 g
Sodium	120 mg
Total Carb	25 g
Dietary Fiber	2 g
Sugar	8 g
Protein	2 g

### Cereal - Lucky Charms (GF)

**Contains:**



Calories	110
Total Fat	1 g
Saturated Fat	0 g
Sodium	180 mg
Total Carb	23 g
Dietary Fiber	2 g
Sugar	10 g
Protein	2 g

### Cereal - Cinn. Toast Crunch

**Contains: wheat, soy**



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	8 g
Protein	1 g

### Milk - fat free chocolate

**Contains: dairy**



Calories	130
Total Fat	0 g
Saturated Fat	0 g
Sodium	230 mg
Total Carb	24 g
Dietary Fiber	1 g
Sugar	23 g
Protein	9 g

### Milk - fat free

**Contains: dairy**



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: dairy**



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

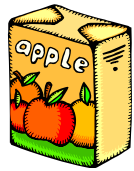
### 100% Fruit Juice - orange tangerine

**Contains:**

Calories	50
Total Fat	0 g
Saturated Fat	0 g
Sodium	25 mg
Total Carb	12 g
Dietary Fiber	0 g
Sugar	12 g
Protein	0 g

### 100% Fruit Juice - apple

#### Contains:



Calories	60
Total Fat	0 g
Saturated Fat	0 g
Sodium	5 mg
Total Carb	14 g
Dietary Fiber	0 g
Sugar	12 g
Protein	0 g

### 100% Fruit Juice - grape

#### Contains:



Calories	70
Total Fat	0 g
Saturated Fat	0 g
Sodium	5 mg
Total Carb	16 g
Dietary Fiber	0 g
Sugar	15 g
Protein	0 g

### 100% Fruit Juice - mixed berry

#### Contains:

Calories	60
Total Fat	0 g
Saturated Fat	0 g
Sodium	5 mg
Total Carb	14 g
Dietary Fiber	0 g
Sugar	13 g
Protein	0 g

### 100% Fruit Juice - strawberry kiwi

#### Contains:



Calories	60
Total Fat	0 g
Saturated Fat	0 g
Sodium	5 mg
Total Carb	14 g
Dietary Fiber	0 g
Sugar	13 g
Protein	0 g

### Applesauce cup, unsweetened

#### Contains:

Calories	51
Total Fat	0 g
Saturated Fat	0 g
Sodium	2 mg
Total Carb	14 g
Dietary Fiber	1 g
Sugar	11 g
Protein	0 g

### Mandarin Oranges in 100% fr. juice

#### Contains:



Calories	70
Total Fat	0 g
Saturated Fat	0 g
Sodium	10 mg
Total Carb	18 g
Dietary Fiber	<1 g
Sugar	17 g
Protein	0 g

### Peaches in 100% fruit juice

#### Contains:

Calories	70
Total Fat	0 g
Saturated Fat	0 g
Sodium	5 mg
Total Carb	18 g
Dietary Fiber	<1 g
Sugar	17 g
Protein	0 g

### Pears in 100% fruit juice

#### Contains:



Calories	70
Total Fat	0 g
Saturated Fat	0 g
Sodium	10 mg
Total Carb	18 g
Dietary Fiber	<1 g
Sugar	17 g
Protein	<1 g

### Mixed Fruit in 100% fruit juice

#### Contains:



Calories	70
Total Fat	0 g
Saturated Fat	0 g
Sodium	5 mg
Total Carb	17 g
Dietary Fiber	1 g
Sugar	16 g
Protein	0 g