

# Breakfast Nutrition Information

## Elementary Schools

### Table Legend

Kcal = Calories

Fat = Total Fat

Sat. Fat = Saturated Fat

Chol = Cholesterol

Na = Sodium

Carb = Carbohydrates

Fiber = Total Fiber

Pro = Protein

Vit. A = Vitamin A

Vit. C = Vitamin C

Ca = Calcium

Fe = Iron

The information contained in this list is reported by each of the manufacturers. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the school level, and/or season of the year. Nutrients for fresh fruit are based on seasonal averages. This information is effective as of April 25, 2024.

Seminole County Public Schools and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided in our schools. If your child has a special diet need due to a medical condition, please contact Kymberli Dawson, MHA, RDN at [dawsonkd@scps.k12.fl.us](mailto:dawsonkd@scps.k12.fl.us) for more information. If you have specific questions or concerns with any of the products listed, please feel free to call or write:



Seminole County Public Schools  
Red Apple Dining  
400 East Lake Mary Blvd.  
Sanford, FL 32773  
407-320-0226

When searching for a specific item, use the CTRL + F keys on your keyboard and enter the item to expedite your search.

Food/Beverage Items	Serving Size	Kcal	Fat (g)	Sat. Fat (g)	Chol (mg)	Na (mg)	Carb (g)	Fiber (g)	Pro (g)	Vit. A (IU)	Vit. C (mg)	Ca (mg)	Fe (mg)
Apple, Fresh, Small	1 each	77	0	0	0	1	21	4	0	80	7	9	0
Applesauce, Unsweetened	1/2 cup	50	0	0	0	10	13	2	0	0	0	0	0
Applesauce Cup, Unsweetened	1 each	50	0	0	0	0	14	1	0	0	9	0	0
Apricot Cup	1 each	125	0	0	0	0	32	2	1	-	-	-	-
Bagels, Strawberry Mini	1 package	230	6	2	10	190	42	2	6	-	-	30	2
Banana, Fresh	1 each	105	0	0	0	1	27	3	1	76	10	6	0
BeneFIT Bar, Banana Chocolate Chip	1 each	280	8	3	15	220	47	3	5	-	-	40	2
BeneFIT Bar, French Toast	1 each	290	9	3	25	200	47	3	5	-	-	40	2
BeneFIT Bar, Oatmeal Choc Chip	1 each	280	8	3	15	230	47	3	5	-	-	30	2
Biscuit	1 each	110	5	3	0	250	15	2	3	-	-	20	1
Blueberries, Fresh	1/2 cup	42	0	0	0	1	11	2	1	40	7	4	0
Blueberries, Frozen	1 serving	42	1	0	0	1	10	2	0	0	2	7	0
Cereal, Cheerios - for Pre-K	1 bowl	110	2	1	0	140	20	3	3	500	6	80	2
Cereal, Cinnamon Toast Crunch (Reduced Sugar)	1 bowl	100	3	0	0	160	22	3	1	300	5	90	3
Cereal, Froot Loops	1 bowl	100	1	0	0	170	24	2	2	500	23	0	5
Cereal, Honey Nut Cheerios	1 bowl	110	2	0	0	160	23	2	2	300	5	78	3
Cheese Stick, Colby Jack	1 stick	90	6	4	15	180	1	0	8	-	-	200	0


# Breakfast Nutrition Information

## Elementary Schools

Food/Beverage Items	Serving Size	Kcal	Fat (g)	Sat. Fat (g)	Chol (mg)	Na (mg)	Carb (g)	Fiber (g)	Pro (g)	Vit. A (IU)	Vit. C (mg)	Ca (mg)	Fe (mg)
Cheese Stick, Mozzarella	1 stick	80	6	4	15	200	0	0	7	-	-	200	0
Chicken Biscuit (w/o grape jelly)	1 serving	218	9	4	26	416	23	3	13	-	-	28	2
Chicken Slider, Breaded	1 each	107	3	1	26	165	8	1	10	-	-	8	1
Chicken Tender (1)	1 each	107	3	1	26	165	8	1	10	-	-	8	1
Cookies, BelVita Snack Packs	1 package	130	4	0	0	60	21	2	2	-	-	10	1
Cracker, Graham	1 package	90	3	0	0	95	17	1	2	-	-	10	0
Craisins (Cherry and Strawberry)	1 package	110	0	0	0	0	27	2	0	-	0	-	-
French Toast Sticks (2)	1 serving	173	5	1	7	192	28	1	4	-	-	16	0
Fruit, Mixed	1/2 cup	60	0	0	0	10	17	0	0	-	-	-	-
Granola, Homemade	1 serving	202	9	4	14	2	28	3	3	184	0	0	1
Grapes, Fresh	1/2 cup	60	0	0	0	5	16	-	1	-	3	8	0
Jelly, Grape	1 each	36	0	0	0	1	9	0	0	-	-	0	0
JUICY JUICE:													
Juice, Apple - 4.23 fl oz	1 carton	60	0	0	0	10	15	-	0	-	54	-	-
Juice, Berry - 4.23 fl oz	1 carton	60	0	0	0	10	15	-	0	-	54	-	-
Juice, Fruit Punch - 4.23 fl oz	1 carton	60	0	0	0	10	15	-	0	-	54	-	-
Juice, Grape - 4.23 fl oz	1 carton	60	0	10	0	10	15	-	0	-	54	-	-
Juice, Orange Tangerine - 4.23 fl oz	1 carton	60	0	0	0	10	15	-	0	-	54	-	-
Milk, Chocolate, (Fat Free)	1 each	110	0	0	5	210	19	0	8	750	2	325	0
Milk, White 1%	1 each	110	3	2	10	130	13	0	8	500	-	390	0
Muffin, Banana	1 each	190	6	2	40	130	30	2	3	-	-	30	1
Muffin, Blueberry	1 each	170	6	1	10	120	27	1	2	-	-	10	1
Nectarine, Fresh	1 each	57	0	0	0	0	14	2	1	428	7	8	0
Orange, Fresh	1 each	69	0	0	0	0	17	4	1	340	68	65	0
Pancake, Mini (2)	1 serving	100	2	0	4	120	17	1	2	-	-	30	1
Peach Cup	1 each	90	0	0	0	0	21	2	1	-	-	-	-
Peach, Fresh	1 each	51	0	0	0	0	12	2	1	424	9	8	3
Peaches, Canned, diced in extra light syrup	1/2 cup	60	0	0	0	0	16	1	1	27	5	1	0
Pear, Canned, in juice	1/2 cup	60	0	0	0	0	15	2	0	0	2	0	0
Pineapple, Tidbits	1/2 cup	80	0	0	0	10	20	1	0	0	12	0	0
Pineberries, Fresh	1/2 cup	24	0	0	0	1	6	2	1	9	44	12	0
Plum, Fresh	1 each	35	0	0	0	0	9	1	1	266	7	5	0
Raisins	1 package	120	0	0	0	10	30	2	1	-	-	26	1
Sausage Patty (Advanced Pierre)	1 patty	70	5	2	20	240	1	0	6	0	0	0	0

# Breakfast Nutrition Information

## Elementary Schools

Food/Beverage Items	Serving Size	Kcal	Fat (g)	Sat. Fat (g)	Chol (mg)	Na (mg)	Carb (g)	Fiber (g)	Pro (g)	Vit. A (IU)	Vit. C (mg)	Ca (mg)	Fe (mg)
Scone, Apple Cinnamon (w/o vanilla yogurt)	1 each	274	8	3	11	186	49	3	4	-	-	111	2
Scone, Lemon (w/o vanilla yogurt)	1 each	300	9	3	12	198	53	4	4	-	-	109	2
Scone, Mixed Berry (w/o vanilla yogurt)	1 each	277	8	3	12	196	48	4	4	-	-	118	2
Starfruit, Fresh	1/2 cup	17	0	0	0	1	4	2	1	33	19	2	0
Strawberries & Blueberries Cup	1 each	90	0	0	0	0	20	2	0	-	-	-	-
Strawberry Cup	1 each	90	0	0	0	0	22	2	1	0	66	20	0
Strawberries, Fresh	1/2 cup	24	0	0	0	1	6	2	1	9	44	12	0
Syrup, Cup (KraftHeinz)	1 each	120	0	0	0	20	30	-	0	-	-	0	0
Syrup, Cup (Smucker's)	1 each	80	0	0	0	15	21	-	0	-	-	0	0
Tangerine, Fresh	1 each	47	0	0	0	2	12	2	1	599	24	33	0
Waffle, Maple (1)	1 each	90	3	1	4	150	16	1	2	-	-	13	1
Yogurt, Upstate Strawberry Banana	1 each	90	0	0	0	55	19	0	3	-	-	290	0
Yogurt, Vanilla (for scone)	1 serving	28	0	0	1	15	6	0	1	32	-	34	0
<b>Table Legend</b> Kcal = Calories Fat = Total Fat Sat. Fat = Saturated Fat Chol = Cholesterol Na = Sodium Carb = Carbohydrates Fiber = Total Fiber Pro = Protein Vit. A = Vitamin A Vit. C = Vitamin C Ca = Calcium Fe = Iron													
The information contained in this list is reported by each of the manufacturers. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the school level, and/or season of the year. Nutrients for fresh fruit are based on seasonal averages. This information is effective as of April 25, 2024.													
Seminole County Public Schools and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided in our schools. If your child has a special diet need due to a medical condition, please contact Kymberli Dawson, MHA, RDN at <a href="mailto:dawsonkd@scps.k12.fl.us">dawsonkd@scps.k12.fl.us</a> for more information. If you have specific questions or concerns with any of the products listed, please feel free to call or write:													
<div style="display: flex; align-items: center; justify-content: center;">  <div> Seminole County Public Schools  Red Apple Dining  400 East Lake Mary Blvd.  Sanford, FL 32773  407-320-0226 </div> </div>													