

Breakfast Nutrition Information High Schools

Table Legend														
Kcal = Calories	Chol = Cholesterol	Fiber = Total Fiber	Vit. C = Vitamin C											
Fat = Total Fat	Na = Sodium	Pro = Protein	Ca = Calcium											
Sat. Fat = Saturated Fat	Carb = Carbohydrates	Vit. A = Vitamin A	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 March 28, 2024.														
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				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 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	-	-	-	-	
Bagel, Egg & Cheese	1 each	236	9	4	113	508	27	2	11	0	-	131	2	
Bagel, Sausage, Egg & Cheese	1 each	306	14	5	133	748	28	2	17	0	0	131	2	
Bagels, Strawberry Mini	1 each	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 Choc Chip	1 each	280	8	3	15	220	47	3	5	-	-	40	2	
BeneFIT Bar, French Toast	1 each	280	9	3	25	210	46	3	5	-	-	30	2	
BeneFIT Bar, Oatmeal Choc Chip	1 each	280	8	3	15	230	47	3	5	-	-	30	2	
Biscuit	1 each	190	9	6	0	400	23	1	4	-	-	30	2	
Blueberries, Frozen	1 serving	42	1	0	0	1	10	2	0	0	2	7	0	
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	
Cheese Stick, Mozzarella	1 stick	80	6	4	15	200	0	0	7	-	-	200	0	
Chicken Biscuit (w/o grape jelly)	1 serving	296	13	7	26	619	30	2	14	0	0	36	2	
Chicken Slider, Breaded	1 each	104	4	1	26	215	7	1	10	-	-	6	0	
Chicken Tender	1 each	105	4	1	26	217	7	1	10	-	-	7	1	
Cookie, BelVita Snack Packs	1 package	130	4	0	0	60	21	2	2	-	-	10	1	
Craisins (Cherry and Strawberry)	1 package	110	0	0	0	0	27	2	0	-	0	-	-	
French Toast Sticks (3)	1 serving	259	8	1	10	289	42	2	6	-	-	24	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 - 6.75 fl oz	1 carton	100	0	0	0	15	24	-	0	-	90	-	-	
Juice, Berry - 6.75 fl oz	1 carton	100	0	0	0	15	24	-	0	-	90	-	-	
Juice, Fruit Punch - 6.75 fl oz	1 carton	100	0	0	0	15	24	-	0	-	90	-	-	
Juice, Orange Tangerine - 6.75 fl oz	1 carton	100	0	0	0	15	24	-	0	-	90	-	0	

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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	-	300	0
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
Peach Cup	1 each	90	0	0	0	0	21	2	1	-	-	-	-
Peaches, Canned, diced in extra light syrup	1/2 cup	60	0	0	0	0	16	1	1	27	5	1	0
Peaches, Fresh	1 each	51	0	0	0	0	12	2	1	424	9	8	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
Salsa	1 serving	10	0	0	0	230	3	1	0	-	-	0	0
Sausage Patty	1 patty	70	5	2	20	240	1	0	6	0	0	0	0
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	-	-	-	-
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
Waffles, Maple	2 each	180	6	2	8	300	32	2	4	-	-	26	2
Yogurt, Vanilla (for scone)	1 serving	28	0	0	1	15	6	0	1	32	-	34	0
Zucchini, Fresh	1/2 cup	11	0	0	0	5	2	1	1	124	11	10	0


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FILTERED AT HHS, LBHS, LMHS and OHS (COLD BEVERAGES)													
Half-and-Half Iced Tea & lemonade (w/o syrup flavors)	1 serving	20	0	0	0	15	5	0	0	0	26	7	0
Iced Tea (w/o syrup flavors)	1 serving	0	0	0	0	6	0	0	0	0	0	6	0
Lemonade (w/o syrup flavors)	1 serving	40	0	0	0	24	10	0	0	0	51	7	0
Nitro Cold Brew	1 serving	3	0	0	0	8	0	0	0	-	-	-	-
FILTERED AT HHS, LBHS, LMHS and OHS (HOT BEVERAGES)													
Café Latte (w/o syrup flavors)	1 serving	128	3	2	11	140	14	0	9	-	-	323	0
Freshly Brewed Coffee (w/o syrup flavors)	1 serving	14	0	0	0	7	0	0	2	0	0	7	0
Hot Chocolate (w/o syrup flavor)	1 serving	127	2	1	14	198	20	0	8	141	0	282	1
OPTIONAL													
Milk, Whole, White	1 fl oz	19	1	1	4	15	2	0	1	38	0	38	0
Stevia Sweetner	1 packet	4	0	0	0	0	1	0	0	0	0	0	0
Syrup, Blackberry Sugar-free	2 pumps	0	0	0	0	5	3	0	0	-	-	0	0
Syrup, Caramel Sugar-free	2 pumps	0	0	0	0	5	3	0	0	-	-	-	-
Syrup, Peach Sugar-free	2 pumps	0	0	0	0	5	3	0	0	-	-	-	-
Syrup, Peppermint Natural Zero	2 pumps	0	0	0	0	0	4	0	0	-	-	-	-
Syrup, Santa's White Christmas Sugar-free	2 pumps	0	0	0	0	5	0	0	0	-	-	-	-
Syrup, Strawberry Sugar-free	2 pumps	0	0	0	0	5	3	0	0	-	-	-	-
syrup, Sweetner Sugar-free	2 pumps	0	0	0	0	0	2	0	0	-	-	-	-
Syrup, Vanilla Sugar-free	2 pumps	0	0	0	0	5	3	0	0	-	-	-	-

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