

## Breakfast Nutrition Information

### High 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 Kimberli 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 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	298	13	7	26	566	31	2	14	-	-	38	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
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
<b>JUICY JUICE:</b>													
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)	1 serving	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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<b>FILTERED AT HHS, LBHS, LMHS and OHS (COLD BEVERAGES)</b>													
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	-	-	-	-
<b>FILTERED AT HHS, LBHS, LMHS and OHS (HOT BEVERAGES)</b>													
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
<b>OPTIONAL</b>													
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	-	-	-	-
<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 April 25, 2024.													
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<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>													