

# Breakfast Nutrition Information

## Middle School

**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**

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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 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	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	-	-

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French Toast Sticks (2)	1 serving	173	5	1	7	192	28	1	4	-	-	16	0
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 - 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	-	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	100	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

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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)	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

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