

## CHO SY10 Breakfast Menu Items

Product	CHO (gms)	Product	CHO (gms)
Apple Danish	41	UBR Bar	62
Bagefulls-Cinnamon & Plain	35	Waffle- Maple- IW	28
Bagel- Cinnamon Raisin	36	Waffle, Blueberry- IW	29
Bagel- Plain	33	Waffle, Cinnamon- IW	30
Biscuit	29	Yogurt	22
Biscuit & Charbroiled Chicken Patty- IW	38	Zoom-Ham & Cheese IW	26
Biscuit & Chicken Patty	32		
Biscuit & Sausage Patty	30		
Biscuit- Chicken Filet	35		
Biscuit- Chicken Round Up	28		
Cereal-Assorted	21		
Egg Roll	12		
French Toast Sticks (All Varieties)- 3/serv	28		
Grilled Cheese Sandwich- IW	34		
Grits	29		
Hot Pocket Wrap (5030)	18		
IW Muffin	38		
Mini Burger on Kaiser Roll	11		
Omelet	0		
Pancake Sausage Wrap	21		
Pancakes- Maple IW	34		
Pancakes- Strawberry IW	34		
Pancakes-Cinnamon IW	27		
PB & Honey- IW	34		
Pizza Bagel- Sausage & Red Sauce IW	19		
Pizza Bagel-Bacon	22		
Pizza Bagel-Sausage/Gravy	19		
Pizza Pocket	19		
Sausage Link	0		
Sausage Patty	0		
Sausage Veggie	0		
String Sticks	0		
Toast-Cheese	15		
Turkey Sausage Roll	19		