

**Weslaco Independent School District
Food Service Department**

**Nutrition Information
2017 - 2018
Breakfast Entrée**

ITEM	SERVING SIZE	CALORIES (kcal)	FAT (g)	Cholesterol (mg)	Protein (g)	Carbs. (g)	Sodium (mg)	Fiber (g)
Biscuit, Honey Whole Wheat	1each	170	5	0	4	27	280	2
Bread Slice, Banana	1each	280	10	0	5	44	220	2
Breakfast On A Stick	1each	200	11	20	6	19	380	1
Breakfast On A Stick, Blueberry	1each	210	11	20	6	20	370	1
Buns, Sliders	1each	100	1	0	4	19	180	2
Burrito, Bean & Cheese	1each	200	6	5	9	29	380	5
Cereal, Cocoa Puffs	1 bowl	110	1	0	2	25	160	2
Cereal, Fruit Loops Reduced Sugar	1 bowl	110	1	0	2	24	170	3
Cereal, Rice Chex	1 bowl	100	0	0	2	24	250	1
Cereal, Rice Krispies	1 bowl	100	0	0	2	23	170	0
Cereal, Trix 25% Less Sugar	1 bowl	110	1	0	1	24	140	1
Chicken,Breakfast,Patty,Breaded	1each	95	4	12	7	6	215	1
Cini, Minis	1 pkg.	240	8	0	5	40	300	2
Cracker, Animal	1 pkg.	130	4	0	2	21	110	2
Cracker,Elf Graham (Chocolate)	1pkg.	120	4	0	2	20	125	2
Cracker,Elf Graham (Original)	1 pkg.	120	4	0	2	21	105	1
Cracker, Honey Graham	1 pkg.	90	2	0	2	17	95	1
Cracker, Holiday, Smart Foods	1 pkg.	130	4	0	2	21	120	1
Concha, Pink & Chocolate	1each	190	6	5	4	33	85	3
Concha, Pink & Yellow	1each	210	7	5	4	34	75	3
Empanada, Sweet Potato	1each	200	3	0	4	40	80	3
French Toast Sticks	3each	250	9	0	7	37	300	4
Frudel, Apple	1each	210	6	0	5	36	280	2
GingerBread, People	1each	200	3	0	4	41	170	3
Marranitos	1each	200	3	0	4	41	170	3
Mini Loaf, Banana	1each	199	5	19	2	35	78	2
Mini Loaf, Blueberry	1each	196	5	19	2	35	78	2
Mini Loaf, Orange	1each	180	7	10	3	28	180	2
Morning Sausage Roll (Pig In A Blanket)	1each	170	4	20	5	28	290	3
Muffin, Apple Cinnamon	1each	190	6	40	3	31	130	2
Muffin, Banana	1each	170	5	35	3	29	120	2
Muffin, Blueberry	1each	170	5	40	3	29	120	2
Muffin, English	1each	120	1	0	5	24	250	2
Pancakes, WG (Pre-K Only)	2each	160	4	6	3	27	260	2
Pancakes, Mini Maple	1 pkg.	210	6	10	4	35	320	4
Poptart, Strawberry	1 pkg.	360	4	0	4	75	360	6
Oatmeal, Raisin Bar	1each	290	9	20	5	48	190	3

subject to change due to food availability, etc...

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Sausage, Patty, Beef (Commodity)	1each	83	5	29	8	0	250	0
Sausage, Patty, Pork (Purchased)	1each	85	6	17	6	0.5	175	0.5
Sausage, Patty, Turkey (Special Diet)	1each	60	4	30	6	0	100	0
Tamales, Pork	2each	266	14	21	10	25	519	5
Turkey, Canadian Ham	2each	60	2	30	8	0	250	0
Ultimate Breakfast Round	1each	270	8	5	5	44	190	6
Waffles, Mini, Maple	1 pkg.	200	5	0	4	35	220	4
Waffle Sticks	2each	140	2	0	4	27	250	2
Yogurt, Strawberry-Banana (Dannon)	1each	70	0	5	4	14	60	0
Yogurt, Strawberry (Dannon)	1each	70	0	5	4	14	60	0
Yogurt, Vanilla Pre K - 5 (Dannon)	1each	70	0	5	4	14	60	0

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