

Toombs County Schools

Breakfast Items Carbohydrate List

Description	Portion Size	Carbohydrates (Grams)
Assorted Cereal	1 bowl	22-27
Apple Frudel	1 pack	36
Assorted Jelly	each	9
Assorted Muffins	1 pack	25-27
Blueberry Pancake on a Stick	each	21
Bowl of Grits	1/2 cup	32
Breakfast Pizza	each	23
Breakfast Taco	each	16
Cereal Bar	each	30
Chicken Biscuit	each	35
Cinnamon Pancakes	1 pack	35
Cinnamon Roll	each	37
Egg & Cheese Slider	each	19
Egg, Sausage & Cheese Slider	1 pack	20
French Toast Sticks	4 each	35
Fruit Juice	4 oz	13-15
Fruit-Yogurt Parfait	1 each	80
Glazed Donut	each	22
Ham & Cheese Croissant	each	17
Ham Biscuit	each	30
Milk Choice	8 oz	12
Mini Bagels: Variety	1 pack	41
Mini Cinnamon Rolls	1 pack	40
Mini Pancakes: Variety	1 pack	35-40
Mini Waffles: Variety	1 pack	38-43
Mozzarella Stick	each	0.5
Pancake on a Stick	each	18
Pancakes	2 each	26
Poptart	1 pack	38
Sausage Biscuit	each	28
Sausage Link	1	0
Sausage Patty	1	0
Scrambled Eggs	1/4 cup	4
Southern Biscuit	each	27
Steak Biscuit	each	35
Syrup	each	31
Toast	1 each	13
Yogurt Cup	4 oz	22