

CDC Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

Tuesday - 08/22/2017

	Portion Size	Carb (g)
001325 Egg & Cheese Sandwich	Each	20.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Wednesday - 08/23/2017

	Portion Size	Carb (g)
990042 Breakfast Pizza, BIC IW	EACH	31.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Thursday - 08/24/2017

	Portion Size	Carb (g)
001369 Sausage Bagel	Each	30.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Friday - 08/25/2017

	Portion Size	Carb (g)
001278 Banana Bread Slice	Each	44.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Monday - 08/28/2017

	Portion Size	Carb (g)
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00

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000097 Raisins	1 oz	21.26
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Tuesday - 08/29/2017

	Portion Size	Carb (g)
001380 Mini Pancakes	each	37.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Wednesday - 08/30/2017

	Portion Size	Carb (g)
001285 Cinnamon Roll	1 Roll	38.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Thursday - 08/31/2017

	Portion Size	Carb (g)
990042 Breakfast Pizza, BIC IW	EACH	31.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Friday - 09/01/2017

	Portion Size	Carb (g)
001371 Sausage Pancake	Each	25.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Monday - 09/04/2017

	Portion Size	Carb (g)
001378 Cheddar Cheese Omelet	Each	1.00

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000233 Graham Crackers	1 pkg	17.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Tuesday - 09/05/2017

	Portion Size	Carb (g)
001277 French Toast Sticks	3 sticks	36.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Wednesday - 09/06/2017

	Portion Size	Carb (g)
990042 Breakfast Pizza, BIC IW	EACH	31.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Thursday - 09/07/2017

	Portion Size	Carb (g)
990032 Muffins	each	41.50
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Friday - 09/08/2017

	Portion Size	Carb (g)
001380 Mini Pancakes	each	37.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Monday - 09/11/2017

CDC Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

	Portion Size	Carb (g)
000837 Yogurt Parfait	1 EACH	73.17
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Tuesday - 09/12/2017

	Portion Size	Carb (g)
001325 Egg & Cheese Sandwich	Each	20.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Wednesday - 09/13/2017

	Portion Size	Carb (g)
990042 Breakfast Pizza, BIC IW	EACH	31.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Thursday - 09/14/2017

	Portion Size	Carb (g)
001369 Sausage Bagel	Each	30.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Friday - 09/15/2017

	Portion Size	Carb (g)
001278 Banana Bread Slice	Each	44.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Monday - 09/18/2017

CDC Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

	Portion Size	Carb (g)
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Tuesday - 09/19/2017

	Portion Size	Carb (g)
001380 Mini Pancakes	each	37.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Wednesday - 09/20/2017

	Portion Size	Carb (g)
001285 Cinnamon Roll	1 Roll	38.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Thursday - 09/21/2017

	Portion Size	Carb (g)
990042 Breakfast Pizza, BIC IW	EACH	31.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Friday - 09/22/2017

	Portion Size	Carb (g)
001371 Sausage Pancake	Each	25.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Monday - 09/25/2017

CDC Breakfast Carb Counts

School District Of Greenville County

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	Portion Size	Carb (g)
001378 Cheddar Cheese Omelet	Each	1.00
000233 Graham Crackers	1 pkg	17.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Tuesday - 09/26/2017

	Portion Size	Carb (g)
001277 French Toast Sticks	3 sticks	36.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Wednesday - 09/27/2017

	Portion Size	Carb (g)
990042 Breakfast Pizza, BIC IW	EACH	31.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Thursday - 09/28/2017

	Portion Size	Carb (g)
990032 Muffins	each	41.50
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Friday - 09/29/2017

	Portion Size	Carb (g)
001380 Mini Pancakes	each	37.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00

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001297 White Milk	1/2 pint	11.00
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Monday - 10/02/2017

	Portion Size	Carb (g)
000837 Yogurt Parfait	1 EACH	73.17
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Tuesday - 10/03/2017

	Portion Size	Carb (g)
001325 Egg & Cheese Sandwich	Each	20.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Wednesday - 10/04/2017

	Portion Size	Carb (g)
990042 Breakfast Pizza, BIC IW	EACH	31.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Thursday - 10/05/2017

	Portion Size	Carb (g)
001369 Sausage Bagel	Each	30.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Friday - 10/06/2017

	Portion Size	Carb (g)
001278 Banana Bread Slice	Each	44.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00

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001297 White Milk	1/2 pint	11.00
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Monday - 10/09/2017

	Portion Size	Carb (g)
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Tuesday - 10/10/2017

	Portion Size	Carb (g)
001380 Mini Pancakes	each	37.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Wednesday - 10/11/2017

	Portion Size	Carb (g)
001285 Cinnamon Roll	1 Roll	38.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Thursday - 10/12/2017

	Portion Size	Carb (g)
990042 Breakfast Pizza, BIC IW	EACH	31.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Friday - 10/13/2017

	Portion Size	Carb (g)
001371 Sausage Pancake	Each	25.00
001324 Applesauce	4.5 oz	14.00

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000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Monday - 10/16/2017

	Portion Size	Carb (g)
001378 Cheddar Cheese Omelet	Each	1.00
000233 Graham Crackers	1 pkg	17.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Tuesday - 10/17/2017

	Portion Size	Carb (g)
001277 French Toast Sticks	3 sticks	36.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Wednesday - 10/18/2017

	Portion Size	Carb (g)
990042 Breakfast Pizza, BIC IW	EACH	31.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Monday - 10/23/2017

	Portion Size	Carb (g)
000837 Yogurt Parfait	1 EACH	73.17
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Tuesday - 10/24/2017

	Portion Size	Carb (g)
001325 Egg & Cheese Sandwich	Each	20.00

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001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Wednesday - 10/25/2017

	Portion Size	Carb (g)
990042 Breakfast Pizza, BIC IW	EACH	31.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Thursday - 10/26/2017

	Portion Size	Carb (g)
001369 Sausage Bagel	Each	30.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Friday - 10/27/2017

	Portion Size	Carb (g)
001278 Banana Bread Slice	Each	44.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Monday - 10/30/2017

	Portion Size	Carb (g)
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Tuesday - 10/31/2017

CDC Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

	Portion Size	Carb (g)
001380 Mini Pancakes	each	37.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Wednesday - 11/01/2017

	Portion Size	Carb (g)
001285 Cinnamon Roll	1 Roll	38.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Thursday - 11/02/2017

	Portion Size	Carb (g)
990042 Breakfast Pizza, BIC IW	EACH	31.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Friday - 11/03/2017

	Portion Size	Carb (g)
001371 Sausage Pancake	Each	25.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Monday - 11/06/2017

	Portion Size	Carb (g)
000837 Yogurt Parfait	1 EACH	73.17
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Tuesday - 11/07/2017

CDC Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

	Portion Size	Carb (g)
001325 Egg & Cheese Sandwich	Each	20.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Wednesday - 11/08/2017

	Portion Size	Carb (g)
990042 Breakfast Pizza, BIC IW	EACH	31.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Thursday - 11/09/2017

	Portion Size	Carb (g)
001369 Sausage Bagel	Each	30.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Friday - 11/10/2017

	Portion Size	Carb (g)
001278 Banana Bread Slice	Each	44.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Monday - 11/13/2017

	Portion Size	Carb (g)
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

CDC Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

Tuesday - 11/14/2017

	Portion Size	Carb (g)
001380 Mini Pancakes	each	37.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Wednesday - 11/15/2017

	Portion Size	Carb (g)
001285 Cinnamon Roll	1 Roll	38.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Thursday - 11/16/2017

	Portion Size	Carb (g)
990042 Breakfast Pizza, BIC IW	EACH	31.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Friday - 11/17/2017

	Portion Size	Carb (g)
001371 Sausage Pancake	Each	25.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Monday - 11/20/2017

	Portion Size	Carb (g)
001378 Cheddar Cheese Omelet	Each	1.00
000233 Graham Crackers	1 pkg	17.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50

CDC Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Tuesday - 11/21/2017

	Portion Size	Carb (g)
001277 French Toast Sticks	3 sticks	36.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Monday - 11/27/2017

	Portion Size	Carb (g)
000837 Yogurt Parfait	1 EACH	73.17
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Tuesday - 11/28/2017

	Portion Size	Carb (g)
001325 Egg & Cheese Sandwich	Each	20.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Wednesday - 11/29/2017

	Portion Size	Carb (g)
990042 Breakfast Pizza, BIC IW	EACH	31.00
000097 Raisins	1 oz	21.26
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

Thursday - 11/30/2017

	Portion Size	Carb (g)
001369 Sausage Bagel	Each	30.00
001324 Applesauce	4.5 oz	14.00
000003 100% Fruit Juice	4 oz serving	14.50

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001294 Chocolate Milk	1/2 pint	20.00
001297 White Milk	1/2 pint	11.00

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.