

# Elementary Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

---

## Tuesday - 08/22/2017

	Portion Size	Carb (g)
990089 Western Omelet	Each	2.00
000185 Cheese Grits	1/2 cup	14.30
001285 Cinnamon Roll	1 Roll	38.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000015 Sausage Biscuit	1 biscuit	29.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
000711 Breakfast Pizza	Each	26.00
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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

# Elementary Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

	Portion Size	Carb (g)
990088 Sausage Omelet	Each	1.00
001204 Chicken Biscuit	1 biscuit	37.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
001204 Chicken Biscuit	1 biscuit	37.00
000837 Yogurt Parfait	1 EACH	73.17
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000245 Fresh Fruit	1 serving	16.47
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 - 08/29/2017

	Portion Size	Carb (g)
990089 Western Omelet	Each	2.00
000185 Cheese Grits	1/2 cup	14.30
001285 Cinnamon Roll	1 Roll	38.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000015 Sausage Biscuit	1 biscuit	29.00

# Elementary Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
000711 Breakfast Pizza	Each	26.00
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
990088 Sausage Omelet	Each	1.00
001204 Chicken Biscuit	1 biscuit	37.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
001204 Chicken Biscuit	1 biscuit	37.00
000837 Yogurt Parfait	1 EACH	73.17
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000245 Fresh Fruit	1 serving	16.47
000003 100% Fruit Juice	4 oz serving	14.50

# Elementary 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 - 09/05/2017

	Portion Size	Carb (g)
990089 Western Omelet	Each	2.00
000185 Cheese Grits	1/2 cup	14.30
001285 Cinnamon Roll	1 Roll	38.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000015 Sausage Biscuit	1 biscuit	29.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
000711 Breakfast Pizza	Each	26.00
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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

# Elementary Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

	Portion Size	Carb (g)
990088 Sausage Omelet	Each	1.00
001204 Chicken Biscuit	1 biscuit	37.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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

	Portion Size	Carb (g)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
001204 Chicken Biscuit	1 biscuit	37.00
000837 Yogurt Parfait	1 EACH	73.17
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000245 Fresh Fruit	1 serving	16.47
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)
990089 Western Omelet	Each	2.00
000185 Cheese Grits	1/2 cup	14.30
001285 Cinnamon Roll	1 Roll	38.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
001277 French Toast Sticks	3 sticks	36.00

# Elementary Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

000349 Syrup	1 packet	30.00
000015 Sausage Biscuit	1 biscuit	29.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
000711 Breakfast Pizza	Each	26.00
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
990088 Sausage Omelet	Each	1.00
001204 Chicken Biscuit	1 biscuit	37.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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

	Portion Size	Carb (g)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
001204 Chicken Biscuit	1 biscuit	37.00
000837 Yogurt Parfait	1 EACH	73.17
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00

# Elementary Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

000245 Fresh Fruit	1 serving	16.47
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)
990089 Western Omelet	Each	2.00
000185 Cheese Grits	1/2 cup	14.30
001285 Cinnamon Roll	1 Roll	38.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000015 Sausage Biscuit	1 biscuit	29.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
000711 Breakfast Pizza	Each	26.00
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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

# Elementary Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

## Friday - 09/22/2017

	Portion Size	Carb (g)
990088 Sausage Omelet	Each	1.00
001204 Chicken Biscuit	1 biscuit	37.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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

	Portion Size	Carb (g)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
001204 Chicken Biscuit	1 biscuit	37.00
000837 Yogurt Parfait	1 EACH	73.17
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000245 Fresh Fruit	1 serving	16.47
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)
990089 Western Omelet	Each	2.00
000185 Cheese Grits	1/2 cup	14.30
001285 Cinnamon Roll	1 Roll	38.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
--	--------------	----------



# Elementary Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000015 Sausage Biscuit	1 biscuit	29.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
000711 Breakfast Pizza	Each	26.00
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
990088 Sausage Omelet	Each	1.00
001204 Chicken Biscuit	1 biscuit	37.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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 - 10/02/2017

	Portion Size	Carb (g)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
001204 Chicken Biscuit	1 biscuit	37.00
000837 Yogurt Parfait	1 EACH	73.17
000846 Cereal	1 cereal pack	23.06

# Elementary Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

000741 Toast	1 slice	15.00
000245 Fresh Fruit	1 serving	16.47
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)
990089 Western Omelet	Each	2.00
000185 Cheese Grits	1/2 cup	14.30
001285 Cinnamon Roll	1 Roll	38.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000015 Sausage Biscuit	1 biscuit	29.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
000711 Breakfast Pizza	Each	26.00
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00

# Elementary Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

001297 White Milk	1/2 pint	11.00
-------------------	----------	-------

## Friday - 10/06/2017

	Portion Size	Carb (g)
990088 Sausage Omelet	Each	1.00
001204 Chicken Biscuit	1 biscuit	37.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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 - 10/09/2017

	Portion Size	Carb (g)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
001204 Chicken Biscuit	1 biscuit	37.00
000837 Yogurt Parfait	1 EACH	73.17
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000245 Fresh Fruit	1 serving	16.47
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)
990089 Western Omelet	Each	2.00
000185 Cheese Grits	1/2 cup	14.30
001285 Cinnamon Roll	1 Roll	38.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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

# Elementary Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

	Portion Size	Carb (g)
001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000015 Sausage Biscuit	1 biscuit	29.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
000711 Breakfast Pizza	Each	26.00
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
990088 Sausage Omelet	Each	1.00
001204 Chicken Biscuit	1 biscuit	37.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
001204 Chicken Biscuit	1 biscuit	37.00
000837 Yogurt Parfait	1 EACH	73.17

# Elementary Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000245 Fresh Fruit	1 serving	16.47
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)
990089 Western Omelet	Each	2.00
000185 Cheese Grits	1/2 cup	14.30
001285 Cinnamon Roll	1 Roll	38.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000015 Sausage Biscuit	1 biscuit	29.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
001204 Chicken Biscuit	1 biscuit	37.00
000837 Yogurt Parfait	1 EACH	73.17
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000245 Fresh Fruit	1 serving	16.47

# Elementary Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

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)
990089 Western Omelet	Each	2.00
000185 Cheese Grits	1/2 cup	14.30
001285 Cinnamon Roll	1 Roll	38.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000015 Sausage Biscuit	1 biscuit	29.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
000711 Breakfast Pizza	Each	26.00
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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

# Elementary Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

	Portion Size	Carb (g)
990088 Sausage Omelet	Each	1.00
001204 Chicken Biscuit	1 biscuit	37.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
001204 Chicken Biscuit	1 biscuit	37.00
000837 Yogurt Parfait	1 EACH	73.17
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000245 Fresh Fruit	1 serving	16.47
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

	Portion Size	Carb (g)
990089 Western Omelet	Each	2.00
000185 Cheese Grits	1/2 cup	14.30
001285 Cinnamon Roll	1 Roll	38.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
001277 French Toast Sticks	3 sticks	36.00

# Elementary Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

000349 Syrup	1 packet	30.00
000015 Sausage Biscuit	1 biscuit	29.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
000711 Breakfast Pizza	Each	26.00
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
990088 Sausage Omelet	Each	1.00
001204 Chicken Biscuit	1 biscuit	37.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
001204 Chicken Biscuit	1 biscuit	37.00
000837 Yogurt Parfait	1 EACH	73.17
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00



# Elementary Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

000245 Fresh Fruit	1 serving	16.47
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

	Portion Size	Carb (g)
990089 Western Omelet	Each	2.00
000185 Cheese Grits	1/2 cup	14.30
001285 Cinnamon Roll	1 Roll	38.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000015 Sausage Biscuit	1 biscuit	29.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
000711 Breakfast Pizza	Each	26.00
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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

# Elementary Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

## Friday - 11/10/2017

	Portion Size	Carb (g)
990088 Sausage Omelet	Each	1.00
001204 Chicken Biscuit	1 biscuit	37.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
001204 Chicken Biscuit	1 biscuit	37.00
000837 Yogurt Parfait	1 EACH	73.17
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000245 Fresh Fruit	1 serving	16.47
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 - 11/14/2017

	Portion Size	Carb (g)
990089 Western Omelet	Each	2.00
000185 Cheese Grits	1/2 cup	14.30
001285 Cinnamon Roll	1 Roll	38.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
--	--------------	----------

# Elementary Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000015 Sausage Biscuit	1 biscuit	29.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
000711 Breakfast Pizza	Each	26.00
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
990088 Sausage Omelet	Each	1.00
001204 Chicken Biscuit	1 biscuit	37.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
001204 Chicken Biscuit	1 biscuit	37.00
000837 Yogurt Parfait	1 EACH	73.17
000846 Cereal	1 cereal pack	23.06

# Elementary Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

000741 Toast	1 slice	15.00
000245 Fresh Fruit	1 serving	16.47
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 - 11/21/2017

	Portion Size	Carb (g)
990089 Western Omelet	Each	2.00
000185 Cheese Grits	1/2 cup	14.30
001285 Cinnamon Roll	1 Roll	38.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
001204 Chicken Biscuit	1 biscuit	37.00
000837 Yogurt Parfait	1 EACH	73.17
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000245 Fresh Fruit	1 serving	16.47
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)
990089 Western Omelet	Each	2.00
000185 Cheese Grits	1/2 cup	14.30
001285 Cinnamon Roll	1 Roll	38.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
000003 100% Fruit Juice	4 oz serving	14.50

# Elementary 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

## Wednesday - 11/29/2017

	Portion Size	Carb (g)
001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000015 Sausage Biscuit	1 biscuit	29.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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)
000711 Breakfast Pizza	Each	26.00
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000245 Fresh Fruit	1 serving	16.47
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

\*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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.