

High 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
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000015 Sausage Biscuit	1 biscuit	29.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Wednesday - 08/23/2017

	Portion Size	Carb (g)
001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Thursday - 08/24/2017

	Portion Size	Carb (g)
000711 Breakfast Pizza	Each	26.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
000245 Fresh Fruit	1 serving	16.47
000003 100% Fruit Juice	4 oz serving	14.50

High 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

Friday - 08/25/2017

	Portion Size	Carb (g)
990088 Sausage Omelet	Each	1.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Monday - 08/28/2017

	Portion Size	Carb (g)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000015 Sausage Biscuit	1 biscuit	29.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00

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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
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Thursday - 08/31/2017

	Portion Size	Carb (g)
000711 Breakfast Pizza	Each	26.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Friday - 09/01/2017

	Portion Size	Carb (g)
990088 Sausage Omelet	Each	1.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00

High Breakfast Carb Counts

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001278 Banana Bread Slice	Each	44.00
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

Monday - 09/04/2017

	Portion Size	Carb (g)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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 - 09/05/2017

	Portion Size	Carb (g)
990089 Western Omelet	Each	2.00
000185 Cheese Grits	1/2 cup	14.30
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000015 Sausage Biscuit	1 biscuit	29.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Wednesday - 09/06/2017

	Portion Size	Carb (g)
001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00

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000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Thursday - 09/07/2017

	Portion Size	Carb (g)
000711 Breakfast Pizza	Each	26.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Friday - 09/08/2017

	Portion Size	Carb (g)
990088 Sausage Omelet	Each	1.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Monday - 09/11/2017

	Portion Size	Carb (g)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06

High Breakfast Carb Counts

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Aug 22, 2017 thru Nov 30, 2017

000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000015 Sausage Biscuit	1 biscuit	29.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Wednesday - 09/13/2017

	Portion Size	Carb (g)
001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Thursday - 09/14/2017

	Portion Size	Carb (g)
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High Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

000711 Breakfast Pizza	Each	26.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Friday - 09/15/2017

	Portion Size	Carb (g)
990088 Sausage Omelet	Each	1.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Monday - 09/18/2017

	Portion Size	Carb (g)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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 - 09/19/2017

High Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

	Portion Size	Carb (g)
990089 Western Omelet	Each	2.00
000185 Cheese Grits	1/2 cup	14.30
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000015 Sausage Biscuit	1 biscuit	29.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Wednesday - 09/20/2017

	Portion Size	Carb (g)
001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Thursday - 09/21/2017

	Portion Size	Carb (g)
000711 Breakfast Pizza	Each	26.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Friday - 09/22/2017

High 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
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Monday - 09/25/2017

	Portion Size	Carb (g)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000015 Sausage Biscuit	1 biscuit	29.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

High Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

Wednesday - 09/27/2017

	Portion Size	Carb (g)
001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Thursday - 09/28/2017

	Portion Size	Carb (g)
000711 Breakfast Pizza	Each	26.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Friday - 09/29/2017

	Portion Size	Carb (g)
990088 Sausage Omelet	Each	1.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
000245 Fresh Fruit	1 serving	16.47
000003 100% Fruit Juice	4 oz serving	14.50
001294 Chocolate Milk	1/2 pint	20.00

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School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

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

	Portion Size	Carb (g)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000015 Sausage Biscuit	1 biscuit	29.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Wednesday - 10/04/2017

	Portion Size	Carb (g)
001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00

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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
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Friday - 10/06/2017

	Portion Size	Carb (g)
990088 Sausage Omelet	Each	1.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Monday - 10/09/2017

	Portion Size	Carb (g)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00

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001278 Banana Bread Slice	Each	44.00
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
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000015 Sausage Biscuit	1 biscuit	29.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Wednesday - 10/11/2017

	Portion Size	Carb (g)
001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Thursday - 10/12/2017

	Portion Size	Carb (g)
000711 Breakfast Pizza	Each	26.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17

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000014 Egg & Cheese Biscuit	1 Biscuit	30.50
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Friday - 10/13/2017

	Portion Size	Carb (g)
990088 Sausage Omelet	Each	1.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Monday - 10/16/2017

	Portion Size	Carb (g)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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
000846 Cereal	1 cereal pack	23.06

High Breakfast Carb Counts

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000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000015 Sausage Biscuit	1 biscuit	29.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Wednesday - 10/18/2017

	Portion Size	Carb (g)
001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Monday - 10/23/2017

	Portion Size	Carb (g)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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 - 10/24/2017

	Portion Size	Carb (g)
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High Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

990089 Western Omelet	Each	2.00
000185 Cheese Grits	1/2 cup	14.30
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000015 Sausage Biscuit	1 biscuit	29.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Wednesday - 10/25/2017

	Portion Size	Carb (g)
001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Thursday - 10/26/2017

	Portion Size	Carb (g)
000711 Breakfast Pizza	Each	26.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Friday - 10/27/2017

High 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
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Monday - 10/30/2017

	Portion Size	Carb (g)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000015 Sausage Biscuit	1 biscuit	29.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Wednesday - 11/01/2017

High 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
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Thursday - 11/02/2017

	Portion Size	Carb (g)
000711 Breakfast Pizza	Each	26.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Friday - 11/03/2017

	Portion Size	Carb (g)
990088 Sausage Omelet	Each	1.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

High Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

Monday - 11/06/2017

	Portion Size	Carb (g)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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 - 11/07/2017

	Portion Size	Carb (g)
990089 Western Omelet	Each	2.00
000185 Cheese Grits	1/2 cup	14.30
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000015 Sausage Biscuit	1 biscuit	29.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Wednesday - 11/08/2017

	Portion Size	Carb (g)
001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
000245 Fresh Fruit	1 serving	16.47
000003 100% Fruit Juice	4 oz serving	14.50

High 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

Thursday - 11/09/2017

	Portion Size	Carb (g)
000711 Breakfast Pizza	Each	26.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Friday - 11/10/2017

	Portion Size	Carb (g)
990088 Sausage Omelet	Each	1.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Monday - 11/13/2017

	Portion Size	Carb (g)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
000245 Fresh Fruit	1 serving	16.47

High 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 - 11/14/2017

	Portion Size	Carb (g)
990089 Western Omelet	Each	2.00
000185 Cheese Grits	1/2 cup	14.30
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000015 Sausage Biscuit	1 biscuit	29.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Wednesday - 11/15/2017

	Portion Size	Carb (g)
001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Thursday - 11/16/2017

	Portion Size	Carb (g)
000711 Breakfast Pizza	Each	26.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
001285 Cinnamon Roll	1 Roll	38.00

High Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

001278 Banana Bread Slice	Each	44.00
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

Friday - 11/17/2017

	Portion Size	Carb (g)
990088 Sausage Omelet	Each	1.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Monday - 11/20/2017

	Portion Size	Carb (g)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17

High Breakfast Carb Counts

School District Of Greenville County

Aug 22, 2017 thru Nov 30, 2017

000015 Sausage Biscuit	1 biscuit	29.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Monday - 11/27/2017

	Portion Size	Carb (g)
001282 Whole Grain Pancakes	2 pancakes	27.31
000349 Syrup	1 packet	30.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000015 Sausage Biscuit	1 biscuit	29.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Wednesday - 11/29/2017

	Portion Size	Carb (g)
001277 French Toast Sticks	3 sticks	36.00
000349 Syrup	1 packet	30.00

High Breakfast Carb Counts

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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
001204 Chicken Biscuit	1 biscuit	37.00
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

Thursday - 11/30/2017

	Portion Size	Carb (g)
000711 Breakfast Pizza	Each	26.00
000846 Cereal	1 cereal pack	23.06
000741 Toast	1 slice	15.00
000837 Yogurt Parfait	1 EACH	73.17
000014 Egg & Cheese Biscuit	1 Biscuit	30.50
001285 Cinnamon Roll	1 Roll	38.00
001278 Banana Bread Slice	Each	44.00
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

**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 address any medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for treating medical conditions

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*ot provide menu planning for a child with a
sional for assistance in planning for or*