

Vallejo City Unified School District - School Menu Nutrition Information

Middle School & High School **Breakfast** Entrees

Menu/Item Name	Serving Size	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)
Bagel w/Cream Cheese	1 ea	228	4.83	1.62	0	8.1	405.2	39.25	3.98	9.37	121.5	3.59	36.12	2.69
Bear Paw, Apple Cinnamon	1 ea	250	6	1.5	0	10	320	41	0	5	0	0	20	1.8
Buttermilk Bar	1 ea	266	8	0.8	0	15	225	46	2.7	2.9	85	0	0	1.2
Cereal w/Bear Grahams	1 ea	214	4.08	0.4	0	0	255.7	43.54	3.85	3.75	848.1	11.04	91.06	7.12
Cinnamon Roll	1 pkg	270	9	2	0	15	135	43	3	6	90	0	200	0
Coffee Cake, Cinnamon	1 ea	340	13	1.5	0	50	350	53	3	6	100	0	80	1.8
French Toast Sticks	1 pkg	240	6.99	1	0	9.99	259.7	37.96	2	5.99	0	0	39.96	0.72
Muffin, Blueberry	1 ea	230	7	1	0	25.01	240.1	39.02	0	4	0	0	20.01	1.8
Muffin, Double Chocolate Chip	1 ea	180	7	1	0	15	160	29	2	3	70	0	20	1.8
Muffin, Tops	1 ea	260	9.49	1.5	0	24.96	214.7	42.43	3	3.99	1123	0	19.97	2.07
Pancakes, Mini	1 pkg	225	6.5	0.75	0	5	335.2	37.02	3	5	0	0	60.03	1.26
Pop Tarts	1 pkg	363	5.17	2	0	0	373.3	75.33	6	5	666.7	8	133.3	3.6
Ultimate Breakfast Round	1 ea	250	7	2	0	5	210	43	6.27	5	8.53	0	29.48	0.61
Sandwich, Bagel w/Ham and Cheese	1 ea	249	7.71	3.24	0	41.91	764.8	30.49	3	15.85	137	1.79	103.5	2.33
Sandwich, Beef Maple Sausage	1 ea	192	4.95	1.35	0	15.53	308.6	26.34	2.06	10.75	0	0.08	27.55	2.24
Sandwich, English Muffin w/Egg & Cheese	1 ea	241	11.67	3.74	0	124.1	584.9	25.06	2	11.04	278.8	0	184.8	1.59
Yogurt Parfait	1 ea	208	1.94	0.48	0	3.12	102.6	43.28	1.99	6.08	509.1	0.1	100.2	0.71

**Note: Product allergen information is available in school cafeteria**