

**Penn Trafford School District
Nutritional Data**

Menu Item	Serving Size	Fat (g)	Sat Fat (g)	Sodium (mg)	Fiber (g)	Sugar (g)	Carbs (g)	Calories	Cholesterol (mg)
Yogurt	4 oz	1.5 g	1 g	65 mg	0 g	16 g	19 g	110	5 mg
French Toast (2)	3 oz	5.33 g	1.66 g	307 mg	1.33 g	5.33 g	26 g	180	73 mg
Pancakes (2)	2.28 oz	2 g	.33 g	467 mg	1.33 g	5.33 g	27 g	133	10 mg
Waffles (2)	1.76 oz	4.67 g	1.33 g	353 mg	.67 g	2.67 g	20 g	133	10 mg
Syrup	1 oz	0 g	0 g	116.2 mg	0 g	68.8 g	68.8 g	263	0 mg
Cereal	1 oz	2 g	0 g	227 mg	1 g	8 g	23 g	110	0 mg
Toast (1)	.75 oz	.5 g	0 g	115 mg	<1 g	1 g	12 g	60	0 mg
Funnel Cake	3 oz	16 g	4 g	300 mg	1 g	16 g	40 g	320	40 mg
Scrambled Eggs	2 oz	6 g	2 g	86 mg	0 g	0 g	2 g	93.2	286.6 mg
Ham Egg & Cheese Muffin	5.5 oz	8.75 g	2.65 g	1163 mg	2 g	2 g	27 g	291.6	190.8 mg
Sausage Egg & Cheese Muffin	5.5 oz	18.5 g	6.6 g	753 mg	2 g	2 g	28 g	341.6	175.5 mg
Bagel 1/2 Slice	1.375 oz	0.075 g	0 g	205 mg	1 g	0 g	22 g	110	0 mg
Breakfast Burrito	3.5 oz	12 g	3.15 g	534.5 mg	1 g	1 g	23.5 g	254.9	227.45 mg
Ultra Power Donut	2.2 oz	8 g	2.5 g	240 mg	2 g	17 g	29 g	190	0 mg
Breakfast Pizza	3.2 oz	11.16 g	3.37 g	628.10 mg	1.10 g	1.57 g	22.51 g	227.25	13.61 mg
Cinnamon Roll	2.1 oz	13 g	4 g	560 mg	1 g	15 g	40 g	300	20 mg
Blueberry Muffin	2.58 oz	9 g	1.5 g	280 mg	1 g	14 g	30 g	210	20 mg
MVP Cinnamon Bun	1.8 oz	4.5 g	1.5 g	135 mg	1 g	18 g	28 g	190	<5 mg
Orange Mini Loaf	2 oz	7 g	1 g	180 mg	2 g	16 g	28 g	180	10 mg
Blueberry Muffin Loaf	2 oz	6 g	1 g	170 mg	2 g	17 g	30 g	180	10 mg
100 % Apple Juice	4 oz	<1 g	0 g	15 mg	0 g	0 g	14 g	60	0 mg
100% Orange Juice	4 oz	0 g	0 g	15 mg	0 g	10 g	12 g	50	0 mg
100 % Grape Juice	4 oz	0 g	0 g	5 mg	0 g	18 g	18 g	80	0 mg
Milk - 1% white	1 cup	2.5 g	1.5 g	115mg	0g	12 g	12g	100	10 mg
Milk - 1% chocolate	1 cup	2.5 g	1.5 g	190mg	0 g	24g	26g	150	10 mg
Milk - 1% strawberry	1 cup	2.5 g	1.5 g	220mg	0 g	23g	25g	150	10mg
Milk - 1% vanilla	1 cup	2g	1.5 g	110mg	0 g	24g	25g	150	10mg
Milk - skim	1 cup	0 g	0 g	115mg	0 g	12 g	13g	90	< 5 mg
DAILY TARGETS		< 67 g	< 20 g	< 1800 mg	26 g	xxx	xxx	2000	< 300 mg

Contact Mrs. Robin Duff, Food Service Director at 724-744-2664 for further information.

The nutritional content on this menu was compiled from ARAMARK's "Nutrikids Lunchbyte Systems" and from ARAMARK's e-recipes. Nutritional content may vary depending on ingredients used, cooking techniques, portion size selected, seasonings added by the customer, and other factors. For more information, or special needs, please speak with the manager on duty.