



NUTRIENT & ALLERGEN CONTENT SCHOOL BREAKFAST PROGRAM PRODUCTS

KNOX COUNTY SCHOOLS NUTRITION 2021-2022

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ABOUT THIS DOCUMENT:

This document contains information on food products used in the School Breakfast Program meals for 2021-2022.

Information provided for each product:

- ✓ Distributor Order Number (as appropriate) and Manufacturer Product Code
- ✓ Total Calories
- ✓ Saturated Fat (Sat Fat g.)
- ✓ Milligrams (mg.) Sodium
- ✓ Grams of Carbohydrate (C), Fiber (F) and Added Sugar (AS)
- ✓ Allergen Containing Foods- see list below

Abbreviations/Definitions:

- ✓ MFS (Modified Food Starch)
- ✓ MCS (Modified Corn Starch)
- ✓ Mfg. (following the name of the food/ingredient = manufactured in a facility that also packages the food listed)

Please note this information is based on manufacturer's information available on the above date. Product formulation may change and food substitutes may be necessary during the school year. Therefore, careful attention should be given to manufacturer of new or substitute foods that come into the cafeteria, as this is very important- ingredients will vary on products from one manufacturer to the next. Parents should check periodically, or any time they have a question, with the cafeteria to determine the manufacturer and to ask about substitutes.

Please Contact Megan Minner, MS, RD, LDN at 865-594-3801 or megan.minner@knoxschools.org with questions.

The allergen information in this document tracks only the following:

Major 9 Allergens (milk, egg, fish, shellfish, soy, peanut, tree nut, wheat, sesame)

- Apple
- Barley
- Celery
- Cinnamon
- Citrus (specified)
- Coconut
- Cottonseed
- Corn
- Cucumber
- Dyes (red, yellow, blue- specified)
- Garlic
- Ginger
- Mustard
- Natural Flavor
- Nutmeg
- Oats
- Onion
- Pineapple
- Pork
- Rice
- Spice
- Tomato
- Vanilla

"NKA" No Known Allergens *only* refers to the allergens listed above.

Low Sodium Breakfast Recommendation 300-350mg Na

Nutrient & Allergen Content of KCS Foods: BREAKFAST

BREAKFAST FOODS									
Breakfast Grains Cereals	Sysco #	MFG. Product Code	Calories	Sat Fat	Sodium mg.	Carbs (C) Fiber (F) & Added Sugar (AS)			Allergens
						C	F	AS	
Honey Cheerios, General Mills	18448000	100160001844 87	210	0.5	340	44	5	12	Oats/Corn
Blueberry Chex, General Mills (GF)	17262000	100160001726 20	240	0.5	350	46	1	12	Rice
Cinnamon Chex, General Mills (GF)	N/A	38387000	230	0.5	320	46	3	12	Rice/Cinnamon
Cinnamon Toast Crunch, General Mills	605580	29444000	210	.5	320	44	7	11	Wheat/Corn/Soy/ Rice/ Cinnamon
Cocoa Puffs, General Mills	1913006	31888000	220	0	230	47	3	15	Corn/Rice/Wheat
Honey Nut Cheerios, General Mills (GF)	7072190	11918000	210	0.5	320	45	4	19	Corn/Tree Nuts (almond)/ Rice/Oats
Lucky Charms, General Mills	6960652	31917000	210	0	360	46	4	19	Oats/Corn/ Yellow 5 & 6/Red 40/Blue 1/Gelatin
Rice Chex, General Mills (GF)	1974942	31921000	210	0	460	48	2	4	Rice
Marshmallow Mateys (Pre-K only)	7026751	27596	110	1.5	270	21	2	6	Oats/Wheat/Corn/Yellow 5&6, Blue 1, Red 40, Gelatin
Post Alpha Bits (Pre-K only)	4932277	27176	110	1.5	140	21	2	6	Wheat/Oats

Breakfast Grains Breads/Donuts/Buns/Bars/ Pancakes/Waffles	Sysco #	MFG. Product Code	Calorie	Sat Fat	Sodium mg.	Carbs (C) Fiber (F) & Added Sugar (AS)			Allergens
						C	F	AS	
Biscuit, General Mills/Pillsbury	7635220	132268000	210	4.5	290	28	2	2	Wheat/Soy/Milk
Bread, Slice (toast), Sara Lee	N/A	3239	70	0	120	14	1	2	Wheat/Soy/ Barley/ Corn
Honey Bun, Bake Crafter	60945000	2003	270	4.5	210	40	3	13	Wheat/Corn/Soy/Egg/Milk/ Cinnamon/Nuts (mfg)
Belly Bears Crackers, J&J Graham	7877083	056071	130	0	120	21	1	8	Wheat/ (Vanilla)/Cinnamon
Donut Mini Cluster, Sky Blue Bakery	7027228	WGBC272	260	2.5	190	38	3	14	Wheat/Barley/Corn/Egg/Milk/ Soy
Pancake Confetti Bites, Eggo	7041945	3800018574	220	1	300	36	4	11	Wheat/Milk/Egg/Corn/Soy/Vanilla
Maple Burst'n Pancakes, Pillsbury	6960694	137732000	220	.5	130	39	3	12	Wheat/Rice/Egg White/Dairy
Cinnamon Roll, Bake Crafters	1961513	1287	230	2.5	220	42	3	16	Milk/Soy/Wheat/Egg/Cinnamon/Vanilla/Barley
Cinnamon Roll Mini, Pillsbury	139610	133686000	240	7	270	40	3	13	Wheat/Barley/Whey/Cinnamon/Corn
Apple Cinnamon Texas Toast, Good Source	0780330	22M	260	1	360	45	2	2	Wheat/Barley/Milk/Corn/Cinnamon/ Apple
French Toast Sticks, Farm Rich	1339534	37720	250	1.5	300	36	4	8	Wheat/Barley/Soy
Mini Blueberry Bash Waffles, Pillsbury	2173379	132264000	210	1	170	37	3	12	Wheat/Rice/Soy/Corn/Egg/Milk

Breakfast Meats/Protein Foods/Meat + Grains	Sysco Foods #	MFG. Product Code	Calories	Sat Fat	Sodium mg.	Carbs (C) Fiber (F) & Added Sugar (AS)			Allergens
						C	F	AS	
Breadstick, with Mozzarella -The Max Twisted Stix Blueberry Cinnamon	2320399	50115-WG	190	2.5	300	24	2	6	Milk/Wheat/Barley/Soy/Corn/Cinnamon
American Cheese Slice	1798309	46268	70	3	310	2	0	1	Milk/Soy
Chicken, breaded, ProView WG – 1.6 ozs.	0106171	5011-WG	100	2	160	3	0	0	Wheat/Soy/Corn/Milk
Chicken, Tyson Unbreaded Grilled Breast	8416705	1038350-928	120	.5	320	1	0	0	Chicken/Soy/Corn/Celery/Onion/Garlic
Sausage, Pork Swaggerty's 2 oz. Patty	2747418	60020	235	21	468	3.3	0	3.3	Corn
Turkey Sausage Breakfast Pizza, Tony's (1 slice)	0656094	63912	210	2	350	27	3	5	Wheat/Barley/Corn/Milk/Turkey/Garlic/Soy/ Tomato
Breakfast Vegetables	Sysco Foods #	MFG. Product Code	Calorie	Sat Fat	Sodium mg.	Carbs (C) Fiber (F) & Added Sugar (AS)			Allergens
						C	F	AS	
Tri Tater Hash Browns (1 wedge), Sysco Imperial	5021054	107347306277 45	100	1.5	230	12	1	1	Cottonseed oil

Fruits	Sysco Foods #	MFG. Product Code	Calories	Sat Fat	Sodium	Carbs g. (C) Fiber g. (F) & Added Sugar (AS)			Allergens
						C	F	AS	
Please note that not all juices & fruits are always available.									
CANNED FRUIT									
Apple, Slices packed in water (1/2 cup)- based on product label	N/A	N/A	34	0	7	8	1	0	Apple
Apple Sauce, Senaca/Tree Top Unsweetened (1/2 cup)	7006104	110541	60	0	15	14	3	0	Apple
Oranges, Mandarin, Light Syrup-drained (1/2 cup)	3548385	210574865629062	70	0	10	17	1	NA	Citrus (orange)
Peaches, Del Monte Extra Light Syrup (USDA-1/2 cup)	0695710	100219	60	0	5	14	1	NA	Corn (syrup)
Pears, USDA Extra Light Syrup (1/2 cup)	0695886	100224	60	0	5	15	2	NA	NKA
Pineapple, Juice Pack-drained (1/2 cup chunks)	N/A	N/A	58	0	1	14	1	0	Pineapple
FRESH FRUIT									
Apple Slices, Raw (2 oz.)	N/A	N/A	30	0	0	7	1	0	Apple
Apple, Whole Raw (small)	N/A	N/A	71	0	0	15	3	0	Apple
Banana, Raw (medium)	N/A	N/A	105	0	1	27	3	0	NKA
Blueberries, Raw (1/2 cup)	N/A	N/A	42	0	0	10	2	0	NKA
Grapes, Red or Green, Fresh (1/2 cup)	N/A	N/A	52	0	2	13	.4	0	NKA
Kiwifruit, Raw (1/2 cup sliced)	N/A	N/A	55	0	3	13	2.7	0	NKA
Melon, Cantaloupe, Raw (1/2 cup cubed)	N/A	N/A	27	0	13	7	1	0	NKA
Melon, Honey Dew, Raw (1/2 cup cubed)	N/A	N/A	31	0	15	7	1	0	NKA
Orange, Raw, Fresh, 1 medium (113-125 CT)	N/A	N/A	58	0	0	14	3	0	Citrus (orange)
Peach, Raw, Fresh, 1 medium	N/A	N/A	58	0	0	14	2.2	0	NKA
Pear, Raw, Whole (120-138 count)	N/A	N/A	80	0	1	21	4.5	0	NKA
Pineapple, Raw, (1/2 cup, chunks)	N/A	N/A	41	0	1	10	.6	0	Pineapple
Plums, Raw (1 plum)	N/A	N/A	30	0	0	7	1	0	NKA
Strawberries, Raw (1 large berry)	N/A	N/A	4	0	1	1.4	.4	0	NKA
Tangerines, Raw, (1)1 medium	N/A	N/A	47	0	2	11	1.6	0	Citrus
Watermelon, raw (1/2 cup diced)	N/A	N/A	23	0	1	5	.3	0	NKA
FROZEN FRUIT									
+Peaches, Cup, Frozen	0695706	100241	80	0	0	19	1	NA	NO Ingredient information
+Strawberries, Cup, Frozen	0695140	100256	80	0	0	21	2	NA	Strawberries
+Mixed Berry, Cup, Frozen	7060375	110859	90	0	0	20	2	NA	NO ingredient Information
FRUIT JUICE									
Juice 4 U Sour Apple 4 oz	279140	2679140	60	0	15	14	0	NA	Yellow 5, blue 1
Juice 4U Blue Razz 4 oz	2679165	45716	60	0	15	14	0	NA	Red 40, blue 1
Juice 4U Merry Cherry 4 oz	1436258	45717	60	0	15	14	0	NA	Apple
Juice 4U Purplelicious 4 oz (grape and apple)	1436322	45718	60	0	15	14	0	NA	
Suncup Apple Juice Eco Carton 4 oz	1210863	030301	50	0	0	14	0	NA	Apple
Suncup Grape Juice 4 oz	0728824	030501	80	0	20	19	0	NA	NKA
Suncup Orange Juice Eco Carton 4 oz	1211440	030100	60	0	0	14	0	NA	Citrus (orange)

Nutritional Information Sources:

USDA Nutrient Database-Nutrient Information Estimated

USDA Product Information Sheet

Calculated using DOD Produce Order Guide & USDA Nutrient Database Data

NA = Not Available

Breakfast Milk	Sysco Foods #	MFG. Product Code	Calories	Sat Fat	Sodium mg.	Carbs (C) Fiber (F) & Added Sugar (AS)			Allergens
						C	F	AS	
Milk, Plain Fat Free	N/A	28524	90	0	135	13	0	13	Milk
Milk, Plain 1%	N/A	32354	110	1.5	130	13	0	12	Milk
Milk, Chocolate Fat Free	N/A	48111	120	0	180	20	0	18	Milk/Corn (starch)
Milk, Strawberry Fat Free	N/A	46073	110	0	125	19	0	18	Milk/Strawberry
Breakfast Condiments	Sysco #	MFG. Product Code	Calories	Sat Fat	Sodium (mg)	Carbs (C) Fiber (F) & Added Sugar (AS)			Allergens
						C	F	AS	
Jam, KraftHeinz Strawberry (14 g. Pkt)	5270061	5220	35	0	5	9	0	NA	Strawberry/Corn (syrup, HFCS)
Jelly, Americana Grape (14 g. Pkt)	3122660	55394 716037764685	35	0	5	9	0	6	Grape/Corn (syrup, HFCS)
Gravy, Breakfast Peppered Gravy Mix (1/4 cup prepared)	6882203	99412	45	1	180	5	0	2	Corn (MFS, maltodextrin, syrup), Wheat, Milk, Cottonseed oil, Egg (Mfg) Soy (Mfg)
Butter Buds (1 tsp)	0911537	49835	5	0	75	2	0	0	Milk/Corn (Maltodextrin)