

SODIUM, NUTRIENT, & ALLERGEN CONTENT OF KNOX COUNTY SCHOOLS BREAKFAST MEALS

KNOX COUNTY SCHOOLS FOOD SERVICE 2017

Carolyn Perry-Burst, MS, RD, LDN

8/6/2018

KNOX COUNTY SCHOOLS

ABOUT THIS DOCUMENT:

This document contains information on food products used in school breakfast meals for 2017-18

Information provided for each product:

- Distributor Order Number and Manufacturer Product Code
- Total Calories
- Saturated Fat (Sat Fat)
- Milligrams (mg.) Sodium
- Grams of Carbohydrate (C), Fiber (F) and Added Sugar (AS)
- Allergens & Gluten- see list below

Please note that 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 with the cafeteria to determine the manufacturer to ask about substitutes.

If you have questions, please compare the product label to the information on the foods listed in this document. If you have children in your school with allergies, please take a picture of each product label prior to discarding the box as they come into the cafeteria and/or call:

Carolyn Perry-Burst, MS, RD, LDN @ 865 594-3801
OR email Carolyn: carolyn.perryburst@knoxschools.org

The allergen information in this document tracks only the following:

- Major 8 listed on foods label (Milk/Egg/Fish/Shellfish/Soy/ Peanut/Tree Nut/ Wheat)
- Celery
- Cinnamon
- Citrus
- Coconut
- Corn (specific corn ingredient listed)
- Cottonseed
- Food Dyes (Red, Yellow, Blue-each specified)
- Garlic
- Meat type (if not obvious from name)
- Mustard
- Onion
- Rice
- Sesame
- Tomato

“NONE”, under allergens *only* refers to the allergens listed above.
Any other Allergens *will need to be checked separately*

Nutrient & Allergen Content of Knox County Schools Foods

BREAKFAST FOODS

Breakfast Grains Cereals	Sysco #	MFG. Product Code	Calories	Sat Fat	Sodium mg.	Carbs (C) Fiber (F) & Added Sugar (AS)			Allergens (8+Corn & Gluten)
						C	F	AS	
Cereal, Cascadian Farms Oats & Honey Granola	9422965	12772000	260	1	55	46	3	14	Wheat
Cereal, General Mills Apple Cinnamon Cheerios (GF)	6967319	31879000	110	0	110	22	2	10	Corn (starch & syrup)
Cereal, General Mills Cinnamon Chex (GF)	N/A	38387000	110	0	170	23	1	7	Rice
Cereal, General Mills Cinnamon Toast Crunch Bowlpak	9491895	29444000	110	.5	160	22	3	6	Corn/Wheat/Soy (lecithin)/Rice/Cinnamon
Cereal, General Mills Cocoa Puffs	6960678	31888000	110	0	120	25	2	8	Corn/Rice (bran oil)
Cereal, General Mills Golden Grahams Bowlpak		11943000	100	0	220	24	1	9	Corn/Wheat/Rice (bran oil)
Cereal, General Mills Honey Nut Cheerios (GF)	4017828	11918000	110	0	160	22	2	9	Corn/Tree Nuts/Rice (bran oil)
Cereal, General Mills Lucky Charms Bowlpak	6960652	31917000	110	0	180	23	2	10	Corn/ Yellow 5 & 6/Red 40/Blue 1
Cereal, General Mills Reese's Puffs	6960686	3191000	120	0	160	21	1	9	Corn (meal, syrup, starch)/Peanut
Cereal, General Mills Rice Chex Bowlpak (GF)	5681994	31921000	100	0	250	24	2	2	Rice
Cereal, General Mills Trix Reduced Sugar Bowlpak	6960611	31922000	110	0	140	24	1	7	Corn
Cereal, Kellogg's Apple Jack's	8835035	NLI#10310	110	.5	160	24	3	8	Corn/Wheat/Soy/Cinnamon Yellow 6/Blue 1/Red 40
Cereal, Kellogg's Fruit Loops	8835043	NLI#10317	110	.5	170	22		10	Corn/Wheat/Soy
Cereal, Frosted Flakes	8835084	NLI#10900	100	.5	190	24	2	8	Corn/Wheat/Soy
Cereal, House of Raeford Oatmeal (Cinnamon Recipe)	5027206	4269	194	0	1	35	3	6	Gluten/Wheat/Cinnamon
Cereal, Post Alpha Bits (Pre-K only)	4932277	27176	110	1.5	140	21	2	6	Wheat
Cereal, Post Marshmallow Mateys (Pre-K only)	7026751	27596	110	1.5	270	21	2	6	Wheat/Corn (starch, syrup, dextrose)/Yellow 5&6/Red 40/Blue1
Breakfast Grains Breads/Donuts/Buns/Bars/ Pancakes/Waffles	Sysco #	MFG. Product Code	Calories	Sat Fat	Sodium mg.	Carbs (C) Fiber (F) & Added Sugar (AS)			Allergens (8+Corn & Gluten)
						C	F	AS	
Bar, Kellogg's Nutri Grain Cereal Bar, Apple Cinnamon			120	.5	110	24	3	12	Wheat/Milk/Soy Lecithin/Corn (dextrose, syrup, starch)/ Cinnamon
Bar, Kellogg's Nutri Grain Cereal, Strawberry	N/A		160	.5	150	29	3	15	Wheat/ Soy/Corn/Milk/Red 40
Bar, Kellogg's Pop Tart, Frosted Cinnamon	0445088	3830055122	180	1	190	37	3	*ND	Wheat/Corn (syrup/dextrose)/ Soy Lecithin/Cinnamon
Bar, Kellogg's Pop Tart, Frosted Strawberry	0445062	3800055130	180	1	180	38	3	*ND	Wheat/Corn (syrup/dextrose)/ Red 40/Soy (lecithin)
Biscuit, Easy Split, General Mills/Pillsbury WG	7635220	94562-32268	210	4.5	340	27	2	3	Wheat/Soy/Milk/Cottonseed

Breakfast Grains Breads/Donuts/Buns/Bars/ Pancakes/Waffles	Sysco #	MFG. Product Code	Calories	Sat Fat	Sodium mg.	Carbs (C) Fiber (F) & Added Sugar (AS)			Allergens (8+Corn & Gluten)
						C	F	AS	
Bread, Slice (toast), Sara Lee	N/A	3239	70	0	120	14	1	2	Wheat/Soy/Barley/Corn
Bread, Super Bakery Dreamy Orange Ultra Mini Loaf	N/A	6031	180	1	180	28	2	16	Wheat/Soy/Egg/Whey
Breadstick, Wild Mike's Maple Stuffed WG	N/A	10041005	120	2	140	23	1	9	Wheat/Milk
Bun, Bake Crafters Breakfast Bun (Honey Bun)	N/A	2003	270	4.5	210	40	3	13	Wheat/Corn/Soy/Egg/T Nuts/Milk
Crackers, Belly Bears, J & J Snack Foods Cinnamon	7635220	056072	130	0	120	21	1	8	Wheat/
French Toast, WG Sticks, Bake Crafters		442	270	1	290	43	2	11	Wheat/Egg/Milk/Corn (flour, starch, dextrose)/Soy/Cinnamon
French Toast, WG Sticks, Farm Rich		37720	250	1.5	300	36	4	8	Wheat, Barley, Corn (starch, soy, flour, dextrose)/Soy (lecithin)
Pancakes, Pillsbury Mini Maple Burst'n	6960694	132259000	230	.5	150	41	3	24	Wheat/Egg White/Dairy
Roll, Bake Crafters Cinnamon WG	1961513	1287	230	2.5	220	42	3	16	Milk/Soy/Wheat/Egg/Cinnamon
Waffles, Pillsbury Mini Blueberry Bash	6960728	132264000	210	1	170	37	3	12	Wheat/Rice/Soy/Corn/ Egg/Milk
Breakfast Meats/Protein Foods	Sysco Foods #	MFG. Product Code	Calories	Sat Fat	Sodium mg.	Carbs (C) Fiber (F) & Added Sugar (AS)			Allergens (8+Corn & Gluten)
						C	F	AS	
Eggs, Wholesome Farms, Frozen Liquid Scrambled Mix	541995	34730-54802-00	60	1.5	70	1	0	1	Egg, milk
Don Lee Farms WG Breaded Beef Patty	3128901	CN621603	151	4.2	176	6.8	1	.2	Wheat/Soy/Corn
American Cheese Slice (1 oz.)	1798309	46268	70	2.5	310	2	0	0	Milk/Soy
Swaggerty's Sausage (1.5 oz.)	668266	60137	170	5	300	1	0	0	Corn (starch)
Chicken, Tyson WG Breaded Breakfast Patty – 1.6 ozs.	0106171	5778-928	190	2	430	12	3	0	Wheat/Soy/Corn
Chicken, Tyson Unbreaded Grilled Breast	072845	38350-928	120	.5	320	1	0	0	Soy/Corn
Yogurt, Strawberry Banana Bash, Yoplait	5076595	17726000	100	0.5	50	20	0	13	Milk, Corn (starch)
Breakfast Vegetables	Sysco Foods #	MFG. Product Code	Calories	Sat Fat	Sodium mg.	Carbs (C) Fiber (F) & Added Sugar (AS)			Allergens (8+Corn & Gluten)
						C	F	AS	
Carrots, fresh, baby	N/A		20	0	45		1	4	NONE
Sysco Imperial Tri Tater Hash Browns (1 wedge)		1052984	100	1.5	230	12	1	1	Cottonseed oil, dextrose

Breakfast Milk	Sysco Foods #	MFG. Product Code	Calories	Sat Fat	Sodium mg.	Carbs (C) Fiber (F) & Added Sugar (AS)			Allergens (8+Corn & Gluten)
						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
Milk, Vanilla Fat Free	N/A	47472	110	0	125	19	0	18	Milk
Breakfast FRUIT (see more complete listing under LUNCH MEALS)	Sysco Foods #	MFG. Product Code	Calories	Sat Fat	Sodium mg.	Carbs (C) Fiber (F) & Added Sugar (AS)			Allergens (8+Corn & Gluten)
						C	F	AS	
Apple Slice Packet	N/A	N/A							NONE
Apple, whole (1 small)	N/A	N/A	77	0	1	20	3.6	0	NONE
Orange, 1/2	N/A	N/A	34.5	0	.5	8.5	1.5	0	Citrus (orange)
Orange, whole	N/A	N/A	69	0	1	17	3	0	Citrus (orange)
Breakfast JUICE	Sysco #	MFG. Product Code	Calories	Sat Fat	Sodium (mg)	Carbs (C) Fiber (F) & Added Sugar (AS)			Allergens (8+Corn & Gluten)
						C	F	AS	
Ridgefield's Sidekicks Lemon Blue Raspberry Juice Cup	6618078	2009	80	0	45	20	0	ND	Blue 1
Ridgefield/s Sidekicks Sour Cherry Lemon		2016	80	0	45	20	0	ND	NONE
Ridgefield's Sidekicks Strawberry Kiwi Juice Cup	2868222	2014	80	0	45	20	0	ND	Yellow 5, blue 1
Suncup Apple Juice 4 oz	602656		60	0	5	14	0	ND	NONE
Suncup Apple Cranberry Juice 4 oz	9412891	031600	70	0	12	13	0	ND	NONE
Suncup Apple Cherry Juice 4 oz	4775755	032000	60	0	5	15	0	ND	NONE
Suncup Grape Juice 4 oz	641837	030501	80	0	10	19	0	ND	NONE
Suncup Grape Juice w/ Calcium 4 oz	N/A	030505	70	0	2	19	0	ND	NONE
Suncup Fruit Punch 4 oz	8412843	030800	60	0	5	14	0	ND	Citrus (orange)
Suncup Fruit Punch w/Calcium 4 oz	N/A	030805	70	0	15	15	0	ND	NONE
Suncup Orange Juice 4 oz	7412836	030100	60	0	0	14	0	ND	Citrus (orange)
Suncup Orange Juice w/Calcium 4 oz	N/A	030125	70	0	0	13	0	ND	Citrus (orange)
Suncup Orange Pineapple Juice 4 oz	N/A	031200	60	0	0	15	0	ND	Citrus (orange)
Suncup Pineapple Juice 4 oz	N/A	031000	70	0	0	16	0	ND	NONE

Breakfast JUICE	Sysco #	MFG. Product Code	Calories	Sat Fat	Sodium (mg)	Carbs (C) Fiber (F) & Added Sugar (AS)			Allergens (8+Corn & Gluten)
						C	F	AS	
Juice 4 U Sour Apple 4 oz	279140	2679140	60	0	15	14	0	ND	Yellow 5, blue 1
Juice 4U Blue Razz 4 oz	2679165		60	0	15	14	0	ND	Red 40, blue 1
Juice 4U Merry Cherry 4 oz	N/A		60	0	15	14	0	ND	NONE
Juice 4U Purplelicious 4 oz (grape and apple)	2679264		60	0	15	14	0	ND	NONE
V8 Fusion Strawberry Banana	8721938		140	0	105	33	0	ND	NONE
OTHER	Sysco #	MFG. Product Code	Calories	Sat Fat	Sodium (mg)	Carbs (C) Fiber (F) & Added Sugar (AS)			Allergens (8+Corn & Gluten)
						C	F	AS	
Breakfast Gravy Mix (1/4 cup prepared)		4007118	45	1	180	5	0	2	Corn (MFS & Syrup), Wheat, Dairy, Cottonseed oil,
Butter Buds (1 tsp)			5	0	75	2	0	0	Corn (Maltodextrin)

Sodium Breakfast Recommendation – Low Sodium Diet 300-350 mg. Na

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- Citrus
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