



# **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](mailto: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	
Cereal, General Mills Apple Cinnamon Cheerios(GF)	1913819	31879000	110	0	110	22	2	10	Corn (starch & syrup)/Cinnamon/Apple/Oats
Cereal, General Mills Cinnamon Chex (GF)	N/A	38387000	110	0	170	23	1	7	Rice/Cinnamon/Natural Flavor
Cereal, General Mills Cinnamon Toast Crunch Bowlpak	605580	29444000	110	.5	160	22	3	6	Wheat/Corn(Dextrose/maltodextrin)/ Soy (lecithin)/ Rice/ Cinnamon
Cereal, General Mills Cocoa Puffs	1913006	31888000	110	0	120	25	2	8	Corn (whole/Rice (bran oil)/Wheat (Mfg.)/Natural Flavor
Cereal, General Mills Frosted Corn Flakes	4146510	11768000	100	0	170	24	1	8	Corn (whole, meal, syrup)/Barley/ Natural Flavor
Cereal, General Mills Golden Grahams Bowlpak	4044533	11943000	100	0	220	24	1	9	Wheat/Corn (Meal)/Natural Flavor
Cereal, General Mills Honey Nut Cheerios (GF)	7072190	11918000	110	0	160	22	2	9	Corn (starch)/Tree Nuts (almond)/ Rice (bran oil)/Oats
Cereal, General Mills Lucky Charms Bowlpak (contains gelatin)	6960652	31917000	110	0	180	23	2	10	Corn (syrup, starch)/ Yellow 5 & 6/Red 40/Blue 1/Natural Flavor/Oats
Cereal, General Mills Reese's Puffs	1912987	3191000	120	0	160	21	1	9	Corn (meal, syrup, starch)/Peanut/ Wheat (Mfg.)/Cocoa/Natural Flavor
Cereal, General Mills Rice Chex Bowlpak (GF)	1974942	31921000	100	0	250	24	1	2	Rice
Cereal, General Mills Trix Reduced Sugar Bowlpak	1913047	31922000	110	0	140	24	1	7	Corn (whole, syrup, /Wheat (Mfg.)/ Rice Bran/Fruit Juice/Natural Flavor
Cereal, Kellogg's Apple Jack's	8835035	NLI#13572	110	.5	160	24	2	8	Corn (MCS, flour) (/Wheat/Soy/ Cinnamon/Coconut Oil/Cottonseed Oil/ yellow 6/Blue 1/Red 40/Natural Flavor/Apple
Cereal, Kellogg's Fruit Loops	2093431	NLI#113580	110	.5	170	22		10	Corn (flour/Wheat/Soy/Coconut Oil/ Cottonseed Oil/Red 40/Yellow 6/ Blue 2/Natural Flavor

Cereal, Marshmallow Mateys (contains gelatin)	7026751	27596	110	1.5	270	21	2	6	Oats/Wheat/Corn(dextrose, syrup)/Yellow 5&6, Blue 1, Red 40
Cereal, Post Alpha Bits (Pre-K only)	4932277	27176	110	1.5	140	21	2	6	Wheat/Natural Flavor/Oats
<b>Breakfast Grains Breads/Donuts/Buns/Bars/ Pancakes/Waffles</b>	<b>Sysco #</b>	<b>MFG. Product Code</b>	<b>Calorie</b>	<b>Sat Fat</b>	<b>Sodium mg.</b>	<b>Carbs (C) Fiber (F) &amp; Added Sugar (AS)</b>			<b>Allergens</b>
						<b>C</b>	<b>F</b>	<b>AS</b>	
Biscuit, Easy Split, General Mills/Pillsbury WG	7635220	132268000	210	4.5	330	27	2	3	Wheat/Soy/Milk/Natural Flavor
Bread, Slice (toast), Sara Lee	N/A	3239	70	0	120	14	1	2	Wheat/Soy(flour, lecithin)/ Barley/ Corn
Bun, Bake Crafters Breakfast Bun(Honey Bun)	60945000	2003	270	4.5	210	40	3	13	Wheat/Corn (starch)/Soy/Egg/Milk/ Cinnamon/Nuts (mfg)/Natural Flavor
Crackers, J&J Graham Honey Belly Bears	7877083	056071	130	0	120	21	1	8	Wheat/Natural Flavor (Vanilla)/Cinnamon
Donut, Sky Blue Bakery WG Mini Cluster	7027228	WGBC272	260	2.5	190	38	3	14	Wheat/Barley/Corn (dextrose, starch, syrup, maltodextrin/Egg/Milk/ Soy (flour, lecithin)
Pancakes, Eggo Confetti Bites	7041945	3800018574	220	1	300	36	4	11	Wheat/Milk/Egg/Corn (dextrose, MCS)/Soy (lecithin)/Vanilla/Natural Flavor
Pancakes, Pillsbury Mini Maple Burst'n	6960694	137732000	220	.5	130	39	3	12	Wheat/Rice/Egg White/Dairy/ Natural Flavor
Roll, Bake Crafters Cinnamon WG	1961513	1287	230	2.5	220	42	3	16	Milk/Soy/Wheat/Egg/Cinnamon/Vanilla/Barley
Roll, Pillsbury Frozen Minnis Cinnamon Roll	139610	133686000	240	7	270	40	3	13	Wheat/Barley/Whey/Cinnamon/Corn (starch)
Toast, Good Source WG Apple Cinnamon Texas Toast	0780330	22M	260	1	360	45	2	2	Wheat/Barley/Milk/Corn (syrup, maltodextrin, MFS)/Cinnamon/Apple
Toast, Bake Crafters WG French Toast Sticks		442	270	1	290	43	2	11	Wheat/Egg/Milk/Corn (flour, starch, dextrose)/Soy/Cinnamon/Nutmeg/ Natural Flavor
Toast, Farm Rich WG French Toast Sticks	1339534	37720	250	1.5	300	36	4	8	Wheat, Barley, Corn (starch, flour, dextrose)/Soy (flour, lecithin)/ Natural Flavor
Waffles, Pillsbury Mini Blueberry Bash	2173379	132264000	210	1	170	37	3	12	Wheat/Rice/Soy (lecithin)/Corn (flour, starch, dextrose)/Egg/Milk/ Natural Flavor

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 (lecithin, Protein) /Natural Flavor/Corn (dextrose, starch)/Cinnamon
Cheese, American Slice (1 oz.)	1798309	46268	70	3	310	2	0	1	Milk/Soy (lecithin)
Chicken, John Soules Foods/ProView WG – 1.6 ozs.	0106171	5011-WG	100	2	160	3	0	0	Chicken/Wheat/Soy(protein)/Corn (dextrose, MFS, maltodextrin)Milk Spice/Natural Flavor
Chicken, Tyson Unbreaded Grilled Breast	8416705	1038350-928	120	.5	320	1	0	0	Chicken/Soy/Corn (maltodextrin, dextrin)/Celery/Onion/Garlic
Sausage, Pork Swaggerty's 2 oz. Patty	2747418	60020	235	21	468	3.3	0	3.3	Pork/Corn (syrup, dextrose)/Spice (no cinnamon, vanilla or mustard)
Turkey, Tony's Turkey Sausage Breakfast Pizza (1 slice)	0656094	63912	210	2	350	27	3	5	Wheat/Barley/Corn (starch, dextrose, MFS, protein)/Milk/Turkey/Garlic/Soy (flour)/ Tomato/ Natural Flavor/Spice
Breakfast Vegetables	Sysco Foods #	MFG. Product Code	Calorie	Sat Fat	Sodium mg.	Carbs (C) Fiber (F) & Added Sugar (AS)			Allergens
						C	F	AS	
Sysco Imperial Tri Tater Hash Browns (1 wedge)	5021054	10734730627745	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.									
<b>CANNED</b>									
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
<b>FRESH</b>									
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 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
<b>FROZEN</b>									
+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
<b>FRUIT JUICE</b>									
Juice 4 U Sour Apple 4 oz	279140	2679140	60	0	15	14	0	NA	Yellow 5, blue 1/Natural Flavor
Juice 4U Blue Razz 4 oz	2679165	45716	60	0	15	14	0	NA	Natural Flavors/Red 40, blue 1
Juice 4U Merry Cherry 4 oz	1436258	45717	60	0	15	14	0	NA	Natural Flavors/Apple
Juice 4U Purplelicious 4 oz (grape and apple)	1436322	45718	60	0	15	14	0	NA	Natural Flavor
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
Milk, Vanilla Fat Free	N/A	47472	110	0	125	19	0	18	Milk/Vanilla
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)