

Breakfast Nutrition Information

for Meal Distribution Locations

Table Legend

Kcal = Calories

Fat = Total Fat

Sat. Fat = Saturated Fat

Chol = Cholesterol

Na = Sodium

Carb = Carbohydrates

Fiber = Total Fiber

Pro = Protein

Vit. A = Vitamin A

Vit. C = Vitamin C

Ca = Calcium

Fe = Iron

The information contained in this list is reported by each of the manufacturers. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the school level, and/or season of the year. Nutrients for fresh fruit are based on seasonal averages. This information is effective as of March 24, 2020.

Seminole County Public Schools and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided in our schools. If your child has a special diet need due to a medical condition, please contact Von Nguyen, MS, RD at von_nguyen@scps.k12.fl.us for more information. If you have specific questions or concerns with any of the products listed, please feel free to call or write:



Seminole County Public Schools
Red Apple Dining
400 East Lake Mary Blvd.
Sanford, FL 32773
407-320-0226

Food/Beverage Items	Serving Size	Kcal	Fat (g)	Sat. Fat (g)	Chol (mg)	Na (mg)	Carb (g)	Fiber (g)	Pro (g)	Vit. A (IU)	Vit. C (mg)	Ca (mg)	Fe (mg)
Applesauce Cup, Unsweetened	1 each	50	0	0	0	0	14	1	0	0	9	0	0
BeneFIT Bar, French Toast	1 each	290	9	3	25	200	47	3	5	0	0	40	2
BeneFIT Bar, Oatmeal Choc Chip	1 each	290	9	3	20	240	47	3	5	0	0	20	2
Cereal, Cinnamon Toast Crunch	1 bowl	120	3	0	0	160	22	1	1	300	5	90	2
Cereal, Froot Loops	1 bowl	110	1	1	0	160	24	2	2	500	23	0	5
Cracker, Goldfish Cheddar	1 package	100	4	1	0	170	14	1	2	0	0	26	1
Granola, Homemade	1 serving	216	9	4	14	8	33	3	3	184	0	14	1
Juice Box, Apple & Eve, Apple, 4.23 fl oz	1 each	60	0	0	0	5	14	-	0	500	90	26	-
Juice Box, Apple & Eve, Mixed Berry, 4.23 fl oz	1 each	60	0	0	0	5	15	-	0	500	90	26	-
Juice Box, Apple & Eve, Fruit Punch, 4.23 fl oz	1 each	60	0	0	0	15	15	-	0	500	90	26	-
Milk, White 1% - TG Lee	1 each	110	3	2	10	130	13	0	8	500	2	300	0
Milk, White 1% - Hershey's	1 each	100	3	2	10	105	12	0	8	500	0	390	0
Peach Cup	1 each	80	0	0	0	5	19	1	0	200	41	0	0
Sunflower Kernels, Honey Roasted	1 package	190	15	2	0	65	11	3	6	0	0	26	1
Yogurt, Danimals, Strawberry	1 each	70	0	0	5	60	14	0	4	0	0	150	0

Breakfast Nutrition Information

for Meal Distribution Locations

Food/Beverage Items	Serving Size	Kcal	Fat (g)	Sat. Fat (g)	Chol (mg)	Na (mg)	Carb (g)	Fiber (g)	Pro (g)	Vit. A (IU)	Vit. C (mg)	Ca (mg)	Fe (mg)
Table Legend													
Kcal = Calories		Chol = Cholesterol			Fiber = Total Fiber			Vit. C = Vitamin C					
Fat = Total Fat		Na = Sodium			Pro = Protein			Ca = Calcium					
Sat. Fat = Saturated Fat		Carb = Carbohydrates			Vit. A = Vitamin A			Fe = Iron					
<p>The information contained in this list is reported by each of the manufacturers. Variations may occur due to the differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the school level, and/or season of the year. Nutrients for fresh fruit are based on seasonal averages. This information is effective as of March 24, 2020.</p> <p>Seminole County Public Schools and employees do not assume responsibility for a particular sensitivity or allergy to any food product provided in our schools. If your child has a special diet need due to a medical condition, please contact Von Nguyen, MS, RD at von_nguyen@scps.k12.fl.us for more information. If you have specific questions or concerns with any of the products listed, please feel free to call or write:</p>													
				Seminole County Public Schools Red Apple Dining 400 East Lake Mary Blvd. Sanford, FL 32773 407-320-0226									