

FOOD & NUTRITION SERVICES

Chassell Township School

NUTRITION FACT SHEETS

If further information is needed-Contact Sandy Curnow CFSD @ 523-4691 Ext 120 or curnows@cts.k12.mi.us

Item	Calories	Serv-sz	Total Fat	Sod/Prot	VitA/VitC	Fiber	Allergen
M-English Muffin	127	2oz	0	268mg	0/0	1gm	
Sausage Patty	210	1.5oz	2gm/31%	390/16%	0/0	0	
Am. Cheese	106	.5oz	9gm/14%	406mg	5%/0	0	
Egg-Whole	70	.5oz	5gm	65/3%			
100% Juice-app	122	.5cup	0	17mg/15%	6/0	0	
Milk 1%	130	1cup	5gm/8%	125mg/5%			
T-French Toast Sticks	310	.88oz-(4)	12gm/18%	410mg/17%	0/0	0	
Sausage Links	147	2-.5oz	13gm/21%	313mg/13%	0/0	0	
W-Muffins Blueberry	210	.25cup (2)	1gm/17%	160/17%	0/0	0	
Th-Scram. Eggs	60	3TBSP	3gm/5%	180/8%	5/0	0	
Bacon	70	2 pc only	5gm/8%	210/9%	0/0	0	
8-Grain Toast	110	1.6oz-1 only	2gm/3%	260/11%	0/0	2gm	
P/Butter	120	1.5oz	2gm/3%	100/4%	0/0	2gm	
Kiwi	42	½=69 gm	0	2mg	1/107gm	2gm	
	gm						
Other	Breakfast	Choices					
Cold Cereal	110	1oz-28gm	2gm/2%	160/7%	10/10	2gm	
	Honeynut						
O/Juice	77	.5cup	0	11gm	6/128%	0	
Gr/Juice	160	.5cup	0	10mg	0/200%	0	
Blue//Nutri Grain Bar	130	37gm	5gm	106/4%	5/0%	3gm	
W/G Poptart-Straw	190	50/1brd	5gm	150/60gm	10/0	5gm	
W/G Poptart-B/sugar	200	50mg	6gm/9%	160mg/7%	10/0%	5gm	
Trix Yogurt-	90	.5cup	1gm/1%	59gm/2%	10/0%	14gm	

