

Breakfast List

2011 / 2012

Gordon Food Service®

GFS Reorder Number	Product Description	Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)	SLE Info
388190	CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 EACH	100	2	0.0	0.0	0.0	0	25	0.0	7	160	4.48	6	500	0	1 each
232904	CEREAL COCOA KRISPIES BWL 96CT KELL	1 EACH	130	1	1.0	0.6	0.0	0	28	0.0	12	160	4.48	15	500	40	1-(1.125oz) Eac
233021	CEREAL FRSTD FLKS BWL 96CT KELL	1 EACH	110	1	0.0	0.0	0.0	0	26	0.0	11	135	3.64	5	400	0	1-(1oz) Ea
607350	CEREAL APPLE JACKS R/S BWL 96CT KELL	1 EACH	70	1	0.6	0.0	0.0	0	17	2.0	6	115	2.80	9	300	0	1 bowl
805630	CEREAL FRSTD MINI WHE CHOC 96CT	1 PACKAGE	100	3	1.1	0.0	0.0	0	23	3.1	6	105	8.12	0	0	0	
232882	CEREAL APPLE JACKS BWL 96CT KELL	1 EACH	70	1	0.0	0.0	0.0	0	16	0.0	8	85	2.70	9	300	0	1 Each
232912	CEREAL CORN FLKS BWL 96CT KELL	1 EACH	80	1	0.0	0.0	0.0	0	18	1.1	2	150	5.46	4	300	0	1 bowl (.75oz)
233021	CEREAL FRSTD FLKS BWL 96CT KELL	1 EACH	110	1	0.0	0.0	0.0	0	26	0.0	11	135	3.64	5	400	0	1-(1oz) Ea
233048	CEREAL CORN POPS BWL 96CT KELL	1 EACH	80	1	0.0	0.0	0.0	0	19	2.1	7	80	1.05	4	300	0	1-(0.75oz) Ea
600385	CEREAL CRISPIX BWL 96CT KELL	1 EACH	80	1	0.0	0.0	0.0	0	18	0.0	2	160	5.46	4	300	0	1 Each
232939	CEREAL FROOT LOOPS BWL 96CT KELL	1 EACH	80	1	0.4	0.0	0.0	0	18	0.0	9	100	2.73	9	300	0	1-(0.75oz) Ea
233005	CEREAL RICE KRISPIES BWL 96CT KELL	1 EACH	70	1	0.0	0.0	0.0	0	16	0.0	2	100	4.50	2	200	0	1-(18g) Ea
529430	CEREAL EGGO BOWL PK 96CT KELL	1 EACH	80	1	0.9	0.5	0.0	0	18	0.9	9	110	2.76	9	300	0	1 bowl
662186	CEREAL FRSTD MINI WHE BWL 96CT KELL	1 EACH	100	3	0.0	0.0	0.0	0	23	3.1	6	0	7.28	0	0	0	1 Each
559865	DONUT SUPER IW 80-2.2Z SUPBAK	1 EACH	250	5	11.2	3.1	0.0	5	29	0.0	15	250	7.44	21	1500	200	1 Each
659398	DONUT FOOTBALL IW 160-1.3Z SUPBAK	1 EACH	130	3	5.9	1.5	0.0	5	18	0.0	7	180	2.59	6	750	60	1.3 oz each
778210	PANCAKE MINI STRAWB IW 72-3.1Z PILLS	1 PACKAGE	200	4	6.3	0.9	0.0	10	34	1.8	11	370	0.90	0	0	40	1 Package
778201	PANCAKE MINI MAPL IW 72-3.17Z PILLS	1 PACKAGE	200	4	6.3	0.9	0.0	10	34	1.8	11	370	0.90	0	0	40	1 Package
233490	PANCAKE MINI 24-45CT BKCHEF	4 EACH	80	2	1.1	0.0	0.0	0	15	1.1	3	200	1.44	0	1000	20	4 each
109420	SAND PB&J GRP 72-2.8Z UNCRUS	1 EACH	320	10	16.0	3.2	0.0	0	33	3.2	13	200	1.60	0	0	20	1 each
352730	SAND PB&J STRAWB 72-2.8Z UNCRUS	1 EACH	320	10	16.8	3.2	0.0	0	34	2.4	13	311	1.60	0	2	19	1 each
583774	FUNNEL CAKES 48-2.9Z J&J	1 EACH	282	5	9.1	4.2	0.0	30	45	0.8	15	360	1.66	0	0	40	1 Each
820334	TURNOVER APPLE 60-3.7Z PILLS	1 EACH	360	4	23.1	7.3	6.3	0	33	1.0	8	200	1.05	0	100	20	1 each=3.7oz
820369	TURNOVER CHRY 60-3.7Z PILLS	1 EACH	360	4	23.1	7.3	6.3	0	33	1.0	12	200	1.05	0	100	20	1 each=3.7oz
323365	DOUGH ROLL CINN PETITE 240-1.25Z RICH	2 EACH	176	5	3.3	0.6	0.0	1	33	1.3	7	196	1.30	0	391	12	1 Each
22127	DOUGH ROLL CINN LRG 120-2.25Z RICH	1 EACH	159	4	3.0	0.6	0.0	3	29	1.2	6	168	1.18	0	388	12	1 roll
478199	BAGEL PLAIN PETITE 1Z 4-36CT GFS	1 EACH	73	2	0.6	0.0	0.0	0	14	0.6	1	140	0.85	0	5	16	1 each
577006	MUFFIN BLUEB IW 80-1.8Z GFS	1 EACH	170	2	7.1	1.0	0.0	15	23	1.0	12	190	0.51	0	0	20	1 Each
576999	MUFFIN APPLE CINN IW 80-1.8Z GFS	1 EACH	170	2	7.1	1.0	0.0	10	24	1.0	12	190	0.51	0	0	1	1 Each
183660	STRUDEL BITES APPLE 320-.8Z PILLS	7 EACH	540	5	31.8	9.5	7.9	0	59	1.6	22	300	1.59	0	100	40	7 bites
183670	STRUDEL BITES CHRY 320-.8Z PILLS	7 EACH	591	5	31.8	9.5	7.9	0	70	1.6	37	391	1.59	0	100	40	7 bites
118921	JUICE APPLE 100% FRSH 72-4FLZ SNCUP	1 EACH	61	0	0.0	0.0	0.0	0	14	0.0	0	0	0.00	61	0	11	1 (4flz) each
118930	JUICE ORNG 100% FRSH 72-4FLZ SNCUP	1 EACH	61	0	0.0	0.0	0.0	0	14	0.0	0	0	0.00	62	188	10	1 (4flz) each
118940	JUICE GRAPE 100% FRSH 72-4FLZ SNCUP	1 EACH	60	0	0.0	0.0	0.0	0	16	0.0	0	0	0.00	60	0	10	1 (4flz) each
413798	JUICE ORNG PURE PREM 48-6FLZ TRPCNA	6 FLOZ	79	2	0.0	0.0	0.0	0	20	0.0	16	0	0.00	31	0	0	20
806350	MILK CHOC 1% 40-8FLZ RGNLBRND	1 EACH	170	7	2.4	2.4	0.0	10	31	0.0	29	211	0.00	2	499	300	
806360	MILK WHT FF SKIM 40-8FLZ RGNLBRND	1 EACH	85	7	0.0	0.0	0.0	5	12	0.0	12	123	0.00	2	543	295	
170879	MILK NO LACT 12-8FLZ DAIRY EASE	8 FLOZ	90	10	0.0	0.0	0.0	0	12	0.0	12	129	0.00	0	500	300	
695880	PASTRY POP-TART WGRAIN CINN 120-1CT	1 PIECE	200	3	6.0	2.0	0.0	0	34	5.0	12	160	2.00	0	500	0	1 Pastry
695890	PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 PIECE	190	2	5.0	1.5	0.0	0	35	5.0	13	150	2.00	0	500	0	1 Pastry
862347	PASTRY POP-TART CHERRY FRSTD 72-2CT	2 PIECE	410	4	10.4	3.1	0.0	0	75	1.0	33	330	3.12	0	1000	0	1 pkg (2 each)
351730	PASTRY POP-TART CHOC CHIP FRSTD 72-2	2 PIECE	420	5	12.5	4.2	0.0	0	72	2.1	35	480	3.12	0	1000	40	1-(2ct) Pkg
765554	PASTRY POP-TART STRAWB FRSTD 72-2CT	2 EACH	410	4	10.4	3.1	0.0	0	75	1.0	33	330	3.12	0	1000	0	
765589	PASTRY POP-TART BRN SGR FRSTD 72-2CT	1 PIECE	210	3	7.0	2.5	0.0	0	35	0.5	15	170	2.00	0	500	0	1 Pastry Ea.
221384	PASTRY POP-TART SMORES FRSTD 72-2CT	2 EACH	400	6	10.4	3.1	0.0	0	73	2.1	37	420	3.12	0	1000	20	1 package
541590	PASTRY POP-TART HOT FDG FRSTD 72-2CT	1 Pkg	410	4	10.4	4.2	0.0	0	74	1.0	38	440	3.12	0	1000	0	1 package
765562	PASTRY POP-TART BLUEB FRSTD 72-2CT	2 PIECE	410	4	10.4	3.1	0.0	0	75	1.0	33	330	3.12	0	1000	0	1 pkg (2 each)
466883	SAUSAGE LNK CKD SKNLS .8Z 10# JDF	1 EACH	90	3	9.1	0.0	0.0	20	0	0.0	0	160	0.00	0	0	0	3 Links
112630	SAUSAGE PTY CKD 2Z 12# GFS	1 EACH	230	8	21.8	7.3	0.0	55	1	0.0	1	590	0.56	0	100	0	1-2oz patty
466891	SAUSAGE PTY CKD CN 1.5Z 10# JDF	1 EACH	180	6	16.8	0.0	0.0	30	1	0.0	0	280	0.00	0	0	0	2-(1.43oz) Ea
462519	EGG PATTY FZ 200-1Z GFS	1 EACH	56	3	4.5	1.1	0.0	87	1	0.0	0	87	0.28	0	112	17	1 each
183245	PEANUT BUTTER SMOOTH 6-5# GFS	2 TBSP	200	8	16.0	3.5	0.0	0	7	1.9	3	150	0.64	0	0	0	4 TBSP USDA
552421	PEANUT BUTTER CUP 200-.75Z GFS	1 EACH	130	5	11.1	2.6	0.0	0	5	1.9	2	100	0.43	0	0	0	
549762	CHEESE CREAM LT 100-1Z CUP GFS	1 EACH	60	2	4.5	3.4	0.0	15	1	0.0	1	95	0.00	0	300	20	
863106	CHEESE CREAM STRAWB CUP 100-1Z GFS	1 EACH	90	1	7.1	5.1	0.0	20	4	0.0	3	80	0.00	1	300	20	
228427	CHEESE CREAM IND CUP 100-1Z GFS	1 EACH	100	2	9.1	6.0	0.0	25	1	0.0	1	95	0.00	0	300	20	
100927	JELLY APPLE-GRAPE 6-10Z GFS	1 TBSP	50	0	0.0	0.0	0.0	0	13	0.0	9	10	0.00	0	0	0	
159940	JELLY GRP 400-.5Z GFS	1 EACH	35	0	0.0	0.0	0.0	0	9	0.0	7	0	0.00	0	0	0	