

## Breakfast Carbohydrate List – 2026

Bakecrafters French Toast Sticks (3 sticks) (#442)	42g		Bakecrafters Cinnamon Roll #1287 Hadley Farms Cinnamon Roll #1375IW/375IW	40g 38g
Bakecrafters Blueberry Muffin 4oz (#1314)	52g		Cinnamon WG Pop Tart 1 pastry	37g
Bakecrafters Chocolate Chip Muffin 3.1oz (#2167)	45g		Fudge WG Pop Tart 1 Pastry	36g
Bakecrafters Apple Cinnamon Muffin 4oz (#1336)	53g		Strawberry WG Pop Tart 1 Pastry	36g
Waffle Bulk 1 each, Bakecrafters (#1453)	12g		Keebler Graham Crackers	17g
Bakecrafters Breakfast Bun #2003	40g		Kellogg's Nutri-Grain Bars Blueberry/Strawberry	31g/30g
The Max Cinnamon Glazed Pancakes	36g		Lenders 2oz Wheat Bagel	30g
Mini Maple Pancakes, De Wafelbakkers	38g		UBR Granola Round	44g
Mini Strawberry Pancakes, De Wafelbakkers	38g		Tony's Bacon Egg Breakfast Pizza	22g
Mini Blueberry Pancakes, De Wafelbakkers	38g		Tony's Sausage Breakfast Pizza	31g
General Mills Cereal Bars Cinnamon Toast Crunch	30g		Breakfast Bread, Super Slice Pumpkin	43g
Golden Grahams	30g		Banana, Cocoa	44g
Trix/Cocoa Puffs	29g		Blueberry	45g
Pillsbury Mini Cinnis	37g		Snack-in Waffles Confetti	38g
Pillsbury Mini Strawberry or Cinnamon Bagel	42g		Snack-in Waffle Maple	37g
Pillsbury Mini Waffle	37g		Donut Hole, Powdered Sugar	42g
Pillsbury Mini French Toast	36g		Donut Hole, Chocolate	41g
Pillsbury Frudel	34g		French Toast Tornado	22g
Jimmy Dean Pancake Sausage Stick	18g			