**Breakfast Carb List – 2025**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Bakecrafter French Toast | 42g, 260 Calories |  | Bakecrafters Cinnamon Roll #1287 | 41g, 240 Calories |
| Bakecrafter Blueberry Muffin | 41g, 240 Calories |  | Cinnamon Pop Tart1 pastry | 38g, 190 Calories  |
| Chocolate Chip Muffin Breakcrafters | 59g, 370 Calories  |  | Strawberry Pop Tart1 Pastry | 38g, 180 Calories |
| English Muffin Bakecrafters | 21g, 120 Calories |  | Kellogg’s Eggo French Toast C. Chip Bites | 35g, 210 Calories |
| Waffle Bulk #1453, Bakecrafters 1ea. | 11g, 70 Calories |  | Kellogg’s Honey Graham Crackers | 17g, 90 Calories |
| Bakecrafters Breakfast Bun | 40 g, 270 Calories |  | Kellogg’s Nutrigrain Bars | 31g, 150 Calories |
| The Max Cinnamon Glazed Pancakes | 35g, 220 Calories |  | Lenders 2.3oz Bagel | 30g, 150 Calories |
| Mini Maple Pancakes, Dewafel Bakery | 36g, 200 Calories |  | Ubr Cookie Round | 44g, 280 Calories |
| Mini Strawbery Pancakes, Dewafel Bakery | 39g, 210 Calories |  | Tony’s Egg Pizza | 22g, 210 Calories |
| General Mills Cereal Bars  | 30g, 160 Calories |  | Tony’s Sausage Pizza | 31g, 240 Calories |
| Pillsbury Frudle, Apple | 36g, 210 Calories |  | French Toast Tornado | 22g, 190 calories |
| Pillsbury Mini Cinnis | 30g, 240 calories |  | Snack-in Waffles Confetti | 38g, 250 Calories |
| Pillsbury Mini Strawberry Bagel | 41g, 230 Calories |  | Snack-in Waffle Maple | 37g, 250 Calories |
| Pillsbury Mini Waffle | 38g, 210 Calories |  | Donut Hole, Powdered Sugar | 42g, 280 Calories |
| Pillsbury Mini French Toast | 37g, 210 Calories |  | Donut Hole, Chocolate | 39g, 260 Calorie |
| Hadley Farms, Cinnamon Roll | 38 g, 240 Calories |  | Ultra Banana Bread | 44g, 280 Calories |
| State Fair Sara Lee Pancake Sausage | 23g, 220 Calories |  | Ultra Pumpkin Bread | 43g, 260 Calories |