

Gilmer ISD
Breakfast Menu - Nutritional Information

Sausage Roll	180	10.00	17.00	0.00	6.00						
Tac-go, Egg/Sausage/Tortilla	180	9.00	14.00	2.00	10.00						
Toast	69	0.99	13.88	0.99	2.97						
Waffles, Snackin' Blueberry	221	6.04	39.23	3.02	5.03						
Milk											
Chocolate Fat Free	130	0.00	24.00	0.00	8.00						
Lactaid Fat Free	80	0.00	13.00	0.00	8.00						
Strawberry Fat Free	130	0.00	22.00	0.00	8.00						
Vanilla Milkshake	130	0.00	24.00	0.00	8.00						
White 1%	110	2.50	13.00	0.00	8.00						

We strive to provide the most accurate information; however nutritional content of menu items may vary due to variations in product substitutions or seasonal availability. If you have any questions, please contact Gilmer ISD Nutrition Department.