

Morning Math - Calorie Count



Find the calories for each breakfast item. Add up the total to see how many calories in these breakfast meals.

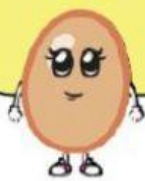
Food	Amount	Calories
Bacon	2 slices	92
Brown rice	1/2 cup	108
Carrots	1/2 cup	26
Corn tortilla	1	52
Egg	2	204
Grape Juice	6 oz	127
1% Milk	1 cup	105
Oatmeal	1/2 cup	83
Pancakes	2 medium	350
Strawberries	1/2 cup	30
Sautéed Vegetables	1/2 cup	25
Omelet	2 eggs	320
Whole grain toast	1 slice	75

Vegetables _____ 

Egg _____

1% Milk _____ +

Toast _____

= _____  

Oatmeal _____ 

Strawberries _____

Carrots _____ +

Toast _____

= _____  

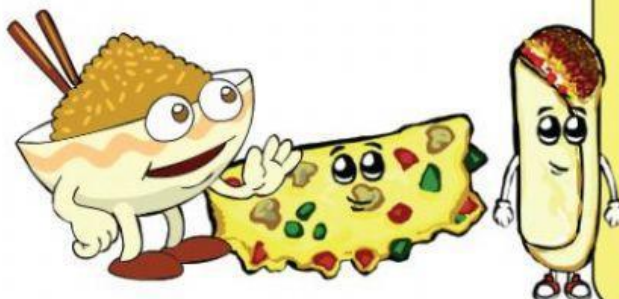
Pancakes _____

Bacon _____ +

Grape Juice _____

Milk _____

= _____   



Brown rice _____

Omelet _____

Corn tortilla _____ +

Grape juice _____

= _____