

Nutritional Information

Name	Serving	Calories	Certs	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium	Dietary Fiber	Sugar	Vitamin A	Vitamin C	Calcium	Iron	Wheat	Egg	Soy	Peanut	Milk	Fish	Trans	Treatnut	Shellfish	Seaan
Breadst Banana Split Yogurt Parfait	1 each	335	44.7	6	3.5	0.5	5	104	2.1	26	120	20.5	136	1.2	X					X				
Breadst Burrito	1 each	327	26.373	19.196	15.019	5.47	255.302	702.842	4.126	2.655	163.143	0.018	129.576	2.683	X	X	X		X					
Breadst Flatbread	64 sandwich	300	15 g	21 g	16.72 g	6.56 g	319 mg	503 mg	2 g	n/a	531	0.09	301 mg	1.66 mg	X	X	X		X					
Breadst Muffin	muffin	190	33	3	6	2	35	130	2	3	0	0	40	1.44	X	X	X		X					
Breakfast Sandwich	each	540	31	14	40	12	55	1060	3	6	n/a	n/a	150	2.2	X	X	X		X					
Brekkie	each	380	51	5	18	8	15	290	4	25	87	0	30	1.2	X		X		X					
Cheese Stick	each	80	1	7	6	3.5	20	200	0	0	0	0	150	0							X			
Choice of Cereal	1 serving	83	18 g	1 g	0.2 g	0 g	0 mg	138 mg	1 g	n/a	485	7.02	32 mg	4.5 mg	X									
Choice of Milk	carton	103	12	8	3	2	13	123	0	11	150	n/a	300	0.1						X				
Cinnamon Roll	1 each	190	33 g	5 g	5.9	2.9	15 mg	210 mg	3 g	n/a	100	0	20 mg	1.44 mg	X	X			X					
Cinnamon Roll	1 roll	270	43 g	7 g	8 g	3 g	15 mg	330 mg	4 g	n/a	100	1.2	60 mg	1.81 mg	X	X	X		X			X		
French Toast Snack Bread	each	260	30	4	13	3.5	50	240	2	17	23	0	40	0.9	X		X					X		
Fruit Selection	1/2 cup	45	11 g	0 g	0.11 g	0.02 g	0 mg	5 mg	2 g	n/a	649	16.1	12 mg	0.12 mg										
Fudge Pop-Tart	1 pouch	170	36	2	3	1	0	120	3	15	500	n/a	100	1.8	X		X							
Golden Graham Crackers	1 package	120	19 g	1 g	4.9	1.9	0 mg	135 mg	1 g	n/a	200	1.2	100 mg	1.44 mg	X			X						
Hard Boiled Egg	1 each	78	1 g	6 g	5.31 g	1.63 g	187 mg	62 mg	0 g	n/a	260	0	25 mg	0.6 mg		X								
Juice Selection	1/2 cup	45	11 g	0 g	0.11 g	0.02 g	0 mg	5 mg	2 g	n/a	649	16.1	12 mg	0.12 mg										
Juice Selection	4 fl oz	60	14 g	0 g	0 g	0 g	0 mg	15 mg	0 g	14 g	0	20	0 mg	0 mg										
Juice Selection	4 fl oz	50	13 g	0 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	15	0 mg	0 mg										
Long John	1 each	240	26 g	6 g	13 g	6 g	0 mg	310 mg	2 g	3 g	0	0	20 mg	1.44 mg	X	X			X					
Long John	1 each	302	38 g	6 g	14.7 g	6.85 g	0 mg	333 mg	2 g	13 g	0	0	20 mg	1.44 mg	X	X	X		X					
Maple Madness Mini Waffles	1 pouch	210	37	3	6	1	0	170	2	13	0	0	20	1.44	X	X	X		X					
Mini Donut	3 donuts	150	19 g	2 g	8 g	3.5 g	15 mg	240 mg	2 g	n/a	30	0	20 mg	1.08 mg	X	X	X		X					
Mini Pancakes	1 pouch	220	37 g	4 g	6 g	0.5 g	0 mg	270 mg	2 g	11 g	0	0	40 mg	0.72 mg	X	X	X		X					
Pancake on a Stick W/G	each	200	7	17	10	2.5	25	310	3	4	0	0	20	1.8	X	X	X		X					
Sausage Breakfast Pizza	1 each	230	23 g	10 g	11 g	6 g	55 mg	450 mg	1 g	n/a	200	0	150 mg	1.44 mg	X	X								
Strawberry Pop-Tart	1 pouch	82	17.28	0.96	1.2	0.48	0	55.2	1.44	6.72	240	0	62.4	0.864	X		X							
Vegetable Selection	1/2 cup	13	3 g	0 g	0.1 g	0.02 g	0 mg	18 mg	1 g	n/a	1844	23.05	10 mg	0.18 mg										