

Jan 2025 hs Madelia Breakfast

Nutritional Information

Name	Serving	Calories	Carbs	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium	Dietary Fiber	Sugar	Vitamin A	Vitamin C	Calcium	Iron	Wheat	Egg	Soy	Peanut	Milk	Fish	Trans	Treenut	Shellfish	Sesame
Apple Cinnamon Muffin	1 each	188	30 g	3 g	6.6 g	1.75 g	17 mg	257 mg	3 g	n/a	95	0.01	43 mg	0.73 mg	X	X	X		X					
Blueberry Muffin	each	220	27	4	11	2.5	50	220	2	15	0	0	40	0.9	X	X	X		X					
Breakfast Fruit Crisp	serving	389	56 g	5 g	16.53 g	8.32 g	0 mg	133 mg	4 g	n/a	675	1.2	19 mg	2.86 mg	X		X		X					
Breakfast Sandwich	1 sandwich	264	28 g	16 g	10 g	4 g	61 mg	686 mg	1 g	n/a	125	0	126 mg	145 mg	X	X	X		X					
Breakfast Taco	each	182	13.256	9.936	9.35	3.796	177.984	341.617	0.068	0.119	76.949	0	80.192	0.788	X	X			X					
Breakfast Toaster Sandwich	each	430	59 g	17 g	11.5 g	9 g	35 mg	755 mg	1 g	n/a	300	1.2	520 mg	18.54 mg	X				X					
Brown Sugar Cinnamon Pop Tart	each	359	76 g	5 g	6 g	1.9 g	0 mg	396 mg	6 g	n/a	*n/a*	*n/a*	*n/a* mg	*n/a* mg	X		X							
Cheese Stick	each	80	1	7	6	3.5	20	200	0	0	0	0	150	0					X					
Chocolate Chip Brekkie	each	310	49	5	25	5	15	310	4	25	0	0	30	2	X	X	X		X					
Chocolate Chip Oatmeal Snack bar	each	150	25 g	2 g	5 g	1 g	0 mg	105 mg	2 g	n/a	*n/a*	*n/a*	*n/a* mg	0.72 mg	X		X		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	8 oz	110	11 g	8 g	2.5 g	1.5 g	10 mg	130 mg	0 g	11 g	500	2.4	300 mg	0 mg					X					
Cinnamon Roll	1 each	190	33 g	5 g	5 g	2 g	15 mg	210 mg	3 g	n/a	100	0	20 mg	1.44 mg	X	X	X		X					
Cream Cheese Frosted Long John	1 each	301	35 g	6 g	15.55 g	7.45 g	3 mg	345 mg	2 g	11 g	0	0	20 mg	1.44 mg	X	X	X		X					
Cream Cheese, plain	each	51	1 g	1 g	4.99 g	2.93 g	15 mg	46 mg	0 g	n/a	161	0	14 mg	0.02 mg					X					
Fluffy Pancakes	3 each	220	41	6	3	0.5	10	490	6	8	0	0	40	1.9	X	X	X		X					
French Toast	1 slice	144	20 g	8 g	3.59 g	0.85 g	120 mg	160 mg	2 g	n/a	205	0.15	96 mg	1.42 mg	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										
Fruit Selection	1/2 cup	65	17 g	0 g	0.07 g	0.01 g	0 mg	4 mg	2 g	n/a	27	3.7	8 mg	0.36 mg										
Fun with D&J Crackers	1 package	130	22g	2g	3.5g	1g	0mg	115mg	1g	8g	0	0	4mg	0.7mg	X	X			X					
Juice Selection	1/2 cup	80	19 g	0 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	54	0 mg	0 mg										
Juice Selection	4 fl oz	60	14g	0g	0g	0g	0mg	15mg	0g	14g	0	20	0mg	0mg										
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										
Juice Selection	4 fl. oz	60	14 g	1 g	0 g	0 g	0 mg	10 mg	0 g	n/a	0	36	10 mg	0 mg										
Mini Bagel	1 each	190	38 g	7 g	0.5 g	0 g	0 mg	380 mg	1 g	n/a	0	0	0 mg	14.94 mg	X									
Mini Eggo Waffles	pouch	190	34	4	5	1.5	0	210	4	8	1000	0	200	3.6	X	X	X		X					
Mini Maple Waffles	pouch	190	35	5	5	1.5	0	200	5	9	1000	0	200	3.6	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	1 each	210	23 g	9 g	10 g	3.5 g	15 mg	470 mg	1 g	n/a	0	0	0 mg	1.08 mg	X	X	X							
Yogurt Pak with Bagel	each	430	59 g	17 g	11.5 g	9 g	35 mg	755 mg	1 g	n/a	300	1.2	520 mg	18.54 mg	X				X					