

Nutritional Information

Item	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	Relative
saon, Egg & Cheese on Biscuit	1/2 c & 1 biscuit	325	29 g	12 g	17.75 g	10.25 g	123 mg	788 mg	2 g	n/a	245	0	314 mg	1.53 mg	X	X			X					
scouts & Gravy	1/2 cup	255	22 g	12 g	13.88 g	5.12 g	46 mg	285 mg	1 g	n/a	464	1.01	263 mg	1.35 mg	X	X	X		X					
lueberry	1/2 cup	42	11 g	1 g	0.24 g	0.02 g	0 mg	1 mg	2 g	n/a	40	7.18	4 mg	0.21 mg					X					
lueberry Breakfast Bark	1/2 cup	253	50g	7g	3g	0.9g	4mg	111mg	2g	n/a	7	1	6mg	0.6mg					X					
breakfast Bowl	1 serving	352	30 g	20 g	17 g	5.59 g	250 mg	281 mg	3 g	n/a	293	8.75	186 mg	0.79 mg	X	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	176 mg	145 mg	X	X	X		X					
rekkie	1 each	360	52	6	15	7	20	340	4 g	26	0	30	1.9		X	X	X		X					
cheese Stick	each	90	0 g	7 g	7 g	5 g	20 mg	95 mg	0 g	n/a	400	0	250 mg	2.7 mg					X					
cheese Stick (with Mini Donuts)	each	90	0 g	7 g	7 g	5 g	20 mg	95 mg	0 g	n/a	400	0	250 mg	2.7 mg					X					
hoosy Ham Melt	1 sandwich	212	14 g	14 g	12.13 g	7.08 g	45 mg	598 mg	2 g	n/a	307	0	243 mg	0.18 mg	X		X		X					
hoice 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	37 mg	-1.5 mg	X				X					
hoice of Muffin	1 muffin	180	28 g	3 g	7 g	1.5 g	40 mg	170 mg	1 g	n/a	0	0	20 mg	0.72 mg	X				X					
innamen 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					
ruit 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	X				X					
ruit 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	X				X					
un with DSJ Crackers	1 package	130	22g	2g	3.5g	1g	0mg	111mg	1g	8g	0	0	4mg	0.7mg	X				X					
am Breakfast Burrito	1 each	327	36.373	19.156	15.019	5.47	255.302	702.842	4.126	2.465	165.143	0.018	129.576	2.683	X		X		X					
omemade Coffee Cake	1 muffin	180	28 g	3 g	7 g	1.5 g	40 mg	170 mg	1 g	n/a	0	0	20 mg	0.72 mg	X				X					
omemade Coffee Cake	1 slice	290	53 g	4 g	7.62 g	1.88 g	20 mg	246 mg	2 g	n/a	129	10.91	63 mg	0.97 mg	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	X				X					
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	X				X					
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	X				X					
ilk	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				X					
lini 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					
lini Waffles	1 pouch	200	35 g	5 g	5 g	1.5 g	0 mg	270 mg	4 g	n/a	500	0	100 mg	2.7 mg	X				X					
ancale on a Stick	1 each	210	27 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					
average Breakfast Pizza	1 each	210	29 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 Cream Cheese Filled agel	1 pack/yr	240	41 g	6 g	6 g	2.5 g	10 mg	180 mg	2 g	n/a	100	0	20 mg	1.08 mg	X				X					
anilla Frosted Long John	1 each	302	38 g	6 g	14.7 g	6.85 g	0 mg	333 mg	2 g	n/a	0	0	20 mg	1.44 mg	X				X					
anilla Yogurt	1 cup	280	56 g	10 g	2.5 g	1.5 g	10 mg	140 mg	0 g	n/a	0	0	0 mg	0 mg	X				X					

