

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	Seaan
Banana Chocolate Chip Snack Bread	each	260	52 g	4 g	13 g	4 g	35 mg	220 mg	2 g	15 g	19	0	16 mg	1 mg	X	X	X		X					
Breakfast Banana Split Yogurt Parfait	1 each	335	45 g	6 g	4 g	1 g	5 mg	109 mg	2 g	26 g	120	23	136 mg	1 mg					X					
Breakfast Muffin	each	180	28 g	3 g	7 g	2 g	15 mg	160 mg	2 g	13 g	n/a	n/a	30 mg	1 mg	X	X	X		X					
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 mg	X	X	X		X					
Breakfast Sandwich	each	540	51 g	15 g	41 g	13 g	125 mg	1150 mg	2 g	n/a	20000	0	1150 mg	2 mg	X	X	X		X					
Breakie	each	380	51 g	5 g	18 g	8 g	15 mg	290 mg	4 g	25 g	67	0	30 mg	1 mg	X	X	X		X					
Cheese Stick	each	80	1 g	7 g	0 g	0 g	20 mg	200 mg	0 g	0 g	0	0	150 mg	0 mg										
Chicken Breakfast Burrito	1 sandwich	496	53 g	11 g	15 g	10 g	13 mg	719 mg	3 g	n/a	77	0	163 mg	2 mg	X	X	X		X					
Choice of Cereal	1 serving	83	18 g	1 g	0 g	0 g	0 mg	138 mg	1 g	n/a	405	7	12 mg	5 mg	X									
Choice of Milk	carton	103	12 g	8 g	3 g	2 g	13 mg	123 mg	0 g	11 g	150	n/a	300 mg	0 mg										X
Cinnamon Roll	roll	250	40 g	6 g	8 g	5 g	15 mg	310 mg	3 g	15 g	n/a	0	50 mg	2 mg	X	X	X		X					
Easy Egg Bake	1 each	122	2 g	11 g	7 g	3 g	188 mg	279 mg	0 g	2 g	38	0	46 mg	1 mg		X								X
Egg & Cheese on a Bun	each	350	30 g	9 g	21 g	10 g	110 mg	800 mg	3 g	5 g	n/a	n/a	150 mg	1 mg	X	X	X		X					
French Toast Snack Bread	each	260	30 g	4 g	13 g	4 g	50 mg	240 mg	2 g	12 g	23	0	40 mg	1 mg	X	X	X		X					
Fruit Selection	1/2 cup	95	11 g	0 g	0 g	0 g	0 mg	5 mg	2 g	n/a	649	16	12 mg	0 mg										
Goldfish Graham Crackers	1 package	120	19 g	1 g	4 g	1 g	0 mg	135 mg	1 g	n/a	200	1	100 mg	1 mg	X		X							
Hard Boiled Egg	1 each	70	1 g	6 g	5 g	2 g	187 mg	62 mg	0 g	n/a	260	0	25 mg	1 mg		X								
Juice Selection	1 each	60	15 g	0 g	0 g	0 g	0 mg	10 mg	0 g	12 g	0	70	100 mg	0 mg										
Juice Selection	1/2 cup	45	11 g	0 g	0 g	0 g	0 mg	5 mg	2 g	n/a	649	16	12 mg	0 mg										
Kang John	1 each	301	35 g	6 g	16 g	7 g	3 mg	345 mg	2 g	11 g	0	0	20 mg	1 mg	X	X	X		X					
Mini Bagel	1 package	230	42 g	6 g	0 g	2 g	10 mg	380 mg	3 g	12 g	0	0	80 mg	2 mg	X									X
Mini Pancakes	1 pouch	200	35 g	4 g	6 g	1 g	0 mg	210 mg	4 g	10 g	100	0	2 mg	4 mg	X	X	X		X					
Pancake on a Stick	1 each	190	18 g	0 g	9 g	2 g	30 mg	340 mg	2 g	5 g	0	0	20 mg	1 mg	X	X	X		X					
Sausage, Egg & Cheese on a Bagel	1 each	264	30 g	12 g	11 g	4 g	53 mg	574 mg	4 g	5 g	0	0	58 mg	2 mg	X	X	X		X					X
Turkey Sausage Breakfast Flatbread	1 each	329	16 g	23 g	18 g	6 g	221 mg	637 mg	2 g	2 g	9	0	135 mg	3 mg	X	X	X		X					
Vegetable Selection	1/2 cup	15	3 g	0 g	0 g	0 g	0 mg	18 mg	1 g	n/a	1844	23	10 mg	0 mg										