

BREAKFAST MENU ITEMS

	Total cal	Protein	Vit A (RE)	Vit C	Iron	Calcium	Total Fat	Sat Fat	Carb	Sodium
Juice										
Orange Juice Schneiders 4 oz	55	1	1	100	0	0	0	0	14	0
Amazin' Raisins	110	1	0	0	2	2	0	0	25	10

	Total cal	Protein	Vit A (RE)	Vit C	Iron	Calcium	Total Fat	Sat Fat	Carb	Sodium
Assorted Items										
Crunchmania Pouch Kellogg 24520	220	4	15	0	1.4	150	7	2	37	230
Greek Plain Yogurt 4 oz upstate	90	10	0	0	0	10	0	0	12.5	37.5
granola ES Foods 1.25 oz #16195	140	3	0	0	2	2	3	1	26	110

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Bakery										
bagelful cr ch bar w/apple cinn spread tasty 21280	170	6	2	2	1	2	3	1.5	32	170
BagelFul Cr Cheese Guava Spread	180	6	2	2	1	4	3	1.5	32	160
Bagel WG Plain 2.2 Skyblue	160	6	0	4	1	1	1	0	33	230
Bars, Lemon Crunch Fathers Table 1186	260	4	2	0	2	2	8	2	42	160
Bread, Banana Slice, Superbakery #6071	280	5	20	0	1	80	10	2	44	220
Bread, Sky Blue Z-Loaf ZBLA372	280	5	15	1.2	4.5	20	7	1.5	48	280
Bread, Pumpkin Superbk 6075 3.4 oz	270	6	2	0	2	1	10	2	43	220
Bread Pumpkin slice WG Skyblue	280	5	1	0	1	4	8	1.5	47	210
Bread Ultra Zucchini Superbakery 6072	270	5	20	1.2	1	100	10	2	43	220
Bread, Wild Forest Berry Superbakery 6073	270	6	20	0	1.4	100	9	2	43	190
Frudel, Cherry Pillsbury 851000	210	5	0	0	6	0	6	1.5	36	280
Apple Fruit Pockets Horizon 1402-1 3.9 oz	250	3	0	0	0	0	8	2	46	330
Apple Frudel Pillsbury 852000	210	5	0	0	1	0	6	1.5	36	280
Apple Roll WG Hadley Farm 1372IW	210	6	45	6	1.4	20	6	1	33	200
Apple Cinnamon Tst WG Jafco 128MC	260	8	80	1	2.7	40	6	1	45	300
Biscuit Peach Cobbler WG Tasty	230	4	2	0	4	4	11	5	31	230
Bun, Breakfast WW Sky Blue WWB5160	230	6	4	0	2.7	80	7	2	39	340
Bun Ultra Baked Cinn 6070 Superbak 2.9 oz	230	5	0	0	2	2	7	2	37	250
Cinn Crumb Cake Skyblue CRC272	290	5	0	0	4	2	8	1.5	48	270
Cinn Roll WG Bakecr 1287	260	5	0	1		3	8	2.5	43	220
Mini Loaf WG Corn Bread 2111 Bake Crafters	160	3	0	0	2	1	6	0.5	25	105
Honey Wheat Brakfast Bar Simply Blues HWB5172	258	4	0	7	1.6	112	8	2	43	246
Ultimate Break Round Cinn Richs #08733	270	5	0	0	0	0	8	3	44	190
Roll, WG Cinnamon 3 oz	240	5	2	0	1	10	7	1.5	41	250
Rolls, Mini Cinni Pillsbury 33686-6	240	5	0	0	1.4	20	7	2	40	300
Scone East Baking Lemon Poppy 3 oz C7051WG	250	5	2	0	2	2	8	1	38	150
Muffin, Apple Chaves 51% WW 4 oz	400	5	2	0	3	4	22	4	46	290
Muffin, Banan WG Bakecrafters 2166 3.1 oz	250	4	0	2	2	4	7	1	43	200
Muffin Banana Chaves 4 oz WW	400	6	2	2	2	4	22	22	47	290
Muffin, Blueberry Chaves WW 4 oz	390	5	2	0	3	4	21	3.5	44	280
Muffin, Blueberry WG 2164 bakecrafters 3.1 oz	250	4	2	2	4	4	8	1	41	180
Muffin, WG Choc Chip Bakecrafters 2167 3.1 oz	270	4	0	0	1	4	9	1.5	44	190
Muffin, corn cranberry IW 3.5 oz c7012wg	250	6	2	4	2	2	7	1.5	39	290
Muffin, Corn WW Chaves 4 oz	430	6	2	0	4	2	22	4	52	290
Muffin, Apple Cinn WG 2165 Bakecrafters 3.1 oz	260	5	2	0	4	3	9	1.5	42	240
Pan Dulce concha Skyblue	180	5	0	0	4	0	5	1.5	31	180
Pan Dulce concha Chocolate Topping Skyblue	180	5	0	0	4	0	5	1.5	31	180

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Breakfast Breaks										
WG Smart Choice Banana Muffin ESE 61156 B/B	330	4	0	1.2	1.4	140	8.5	2	60	330
WG Smart Choice Blueberry Muffin ESE 61153 B/B	300	4	130	3.6	5.4	220	8	2	57	330
WG Corn Bread Mini Loaf ESE 61154 B/B	360	5	10	0	2.5	40	10	1.8	64	310

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Cereal Bowl Pack										
Apple Jacks Reduced Sugar	80	1	6	9	2.7	0	1	0	17	120
Froot Loops Reduced Sugar	80	1	6	9	2.7	0	1	0	17	120
Frosted Flakes Multigrain Reduced Sugar	100	2	15	21	8.1	0	0	0	24	160
Raisin Bran	110	3	6	0	2.7	0	0.5	0	27	125
Rice Krispies	70	1	10	6	4.5	0	0	0	16	100
Special K	70	3	8	12	4.5	0	0	0	13	130

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Fruit										
Craisins Cran Straw Pouch	110	0	0	0	0	0	0	0	28	0
Apple Slices Peterson	70	0	2	16	0	2	0	0	18	5
Banana	90	1	1	15	1	1	0	0	23	1
Raisins 1.33 oz	114	1	0	0	1	19	0	0	30	4

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Graham Crackers										
Honey, Graham Crackers Honey Maid 1932001351	90	1	0	0	1	9	2	0	16	120
MJM Choc Bear Grah 402001 1 oz	112	2	1	1	1	1	3	1	20	100

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Egg Sandwich										
Bagel, Breakfast, Tony's Sausage IW Wht Sauce Schwans #78363	160	10	49	0	1	200	4	1.5	22	390
Mini Bagel Cinn Cream Cheese Pills 138399	240	6	2	0	2	2	6	2.5	41	180
Mini Straw Cream Cheese Bag Pills 138413000	230	6	2	0	6	2	6	2.5	41	180
French Toast Sandwich ESE #16152	220	7	20	0	1.5	40	9	2.5	27	270

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French Toast										
French Toast Stix WG #449	240	6	0	0	2	2	7	1	38	260
French Toast Sticks Michael #85885	210	7	40	0	1.8	20	8	2	28	310
French Toast Cinnamon Cargill #40065	220	9	42	0	2	17	7	2	32	330
French Toast Cin WG glazed 40081 SF 2.9 oz	220	9	2	2	1	2	8	1.5	30	330
French Tst Stix Cinn Glaz WG Michael 75015										
Triple Berry Blast French Tst Pillsbury	220	4	0	0	6	4	7	0	37	380

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Pancakes										
Eggo Mini Pancakes Maple Kellogg 49770	210	4	99	0	2.7	60	6	1	35	320
Waffle, Eggo Mini Blueberry #49768 Kelloggs	200	4	100	0	3	60	5	1	33	300
Pancakes w.cinn glaze IW Conagra 04442	220	4	0	0	1.4	10	7	1.5	35	260
Pillsbury Mini Pancakes Strawberry	220	4	0	0	2	2	6	0.5	40	130
Pancake w/blue glaze ConAgra the Max 04443-3	190	4	0	0	8	10	4	1	35	270
Griddle Bakes Cargill #40997	160	6	0	0	0.6	43	5	1.5	23	330

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Waffles										
Waffle, Mini, Pillsbury Blueberry Bash Pouch 100-18000-44326-7	190	3	0	0	0.36	20	6	1	32	200
Snack n' Waffle w/maple Smuckers 33505	240	5	0	0	0	20	9	2.5	35	280
Waffle, Cinnamon Smuckers 51500-33506	241	5	8	0	1	29	9	2.5	35	277
Waffle, Eggo Mini Blueberry #49768 Kelloggs	200	4	100	0	3	60	5	1	33	300
Waffle, Pillsbury Mini Maple Madness Pouch 44306-9	190	3	0	0	0.36	20	5	1	33	200