

		Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
Breakfast																
Breakfast Pizza	1 EACH	230	10	11.0	6.0	0.0	0	55	23	1	4	450	1.44	0	200	150
Breakfast Wrap	1 WRAP	180	10	10	4	0	0	190	14	2	1	400	0.67	0	363	112
Breakfast Sandwich	1 SAND	180	8	5.5	1.0	0	0	85	25	2	1	365	2	0	100	100
Cinnamania	1 PACKAGE	220	4	7.0	2.0	0.0	0	37	2	12	230	1.44	0	750	150	
Cinnamon Roll	1 EACH	170	4	3.5	1.0	0.0	0	5	31	1	6	190	N/A	N/A	N/A	N/A
Cinnamon Toast Crunch Bar	1 EACH	140	2	3.5	0.5	0.0	0	27	3	9	130	1.80	0	0	150	
English Muffin	1 EACH	115	5	1.0	0.0	0.0	0	22	1	1	219	N/A	N/A	N/A	N/A	
Fruit Slush Puppy	4 OZ	60	0	0.0	0.0	0.0	0	15	0.5	14	8	N/A	N/A	N/A	N/A	
Funnel Cake	1 EACH	280	5	9.0	4.5	0.0	0	30	45	1	15	360	1.80	0	0	40
Maple Waffle	1 EACH	240	5	9.0	2.5	0.0	0	25	35	2	16	280	0.72	0	0	20
Mini French Toast	1 PACKAGE	190	3	5.0	1.0	0.0	0	5	34	2	10	370	1.08	0	0	40
Mini Pancakes	1 PACKAGE	170	4	5.0	0.5	0.0	0	5	30	2	10	200	0.72	0	0	40
Nutrigrain Bar- Blueberry	1 EACH	120	2	3.0	0.5	0.0	0	24	3	12	110	1.80	0	750	200	
Nutrigrain Bar- Strawberry	1 EACH	120	2	3.0	0.5	0.0	0	24	3	11	125	1.80	0	750	200	
Pancake Wrap	1 EACH	210	9	10.0	3.5	0.0	0	15	23	1	8	470	1.08	0	0	0
Poptart Wholegrain- Choc Chip	2 PIECE	410	5	12.0	4.5	0.0	0	71	2	35	480	3.60	0	1000	200	
Poptart Wholegrain- Cinnamon	1 PACKAGE	370	5	6.0	2.0	0.0	0	74	6	30	380	3.60	0	1000	200	
Poptart Wholegrain- Smores	2 EACH	400	6	10.0	3.5	0.0	0	72	2	37	420	3.60	0	1000	200	
Poptart Wholegrain- Strawberry	1 PACKAGE	360	4	5.0	1.5	0.0	0	74	6	29	360	3.60	0	1000	200	
Sausage Bagel	1 PIECE	170	8	6.0	2.0	0.0	0	15	20	1	5	400	1.44	0	200	150
Sausage Biscuit	1 SAND	376	9	25	10	0	0	31	33	0	3	###	N/A	N/A	N/A	N/A
Trix Cereal	1 EACH	80	1	1.0	0.0	0.0	0	18	1	5	110	3.60	4	300	80	
Trix Cereal Bar	1 EACH	140	2	3.0	0.5	0.0	0	28	3	8	125	1.08	0	0	150	
Ultimate Breakfast Round	1 EACH	250	5	6.0	2.0	0.0	0	5	45	6	19	220	N/A	N/A	N/A	N/A