Nutrition Information for Breakfast Items

Allergen Information for Breakfast Menu Items

Breakfast Items	Serving Size	Carbs (g)	Sodium (mg)	Calories per Serving	Protein (g)	Sugars (g)	Total Fat (g)	Saturated Fat (g)	Fiber (g)	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat	Gluten Free
Waffles																		
Blueberry Waffle	1 pkg	33	200	240	5	12	9	3	2	X	X					X	X	
Strawberry Waffle	1 pkg	33	200	240	5	12	9	3	2	X	X					X	X	
Mini Maple Waffles	1 pkg	37	170	210	3	13	6	1	2	X	X					X	X	
Mini Blueberry Waffles	1 pkg	37	170	210	4	12	6	1	2	X	X					X	X	
Dutch Waffle	1	43	350	300	4	12	13	3	3	X	X					X	X	
Muffins/Mini Loaf																		
Orange Mini Muffin - Dave's Baking Co.	1 - 1.9 oz	20	74	119	2	8	3	0	2	X	X					X	X	
Orange Muffin - BuenaVista Foods	1 - 3 oz	39	270	250	5	17	9	2	0	X	X						X	
Cherry Muffin - BuenaVista Foods	1 - 3 oz	39	240	230	4	16	7	1	0	X	X						X	
Blueberry Muffin - Dave's Baking Co.	1 - 3.15 oz	39	115	223	4	17	6	1	3	X	X					X	X	
Blueberry Mini Muffin - Dave's Baking Co.	1 - 1.9 oz	20	74	118	2	8	3	1	2	X	X					X	X	
Blueberry Muffin - Otis Spunkmeyer	1 - 2 oz	30	130	190	3	16	6	2	2		X					X	X	
Chocolate Chip Mini Muffin - Dave's Baking Co.	1 - 1.9 oz	20	74	118	2	8	3	1	2	X	X					X	X	
Chocolate Chip Muffin - Dave's Baking Co.	1 - 3.15 oz	40	115	227	4	18	6	1	3	X	X					X	X	
Apple Cinnamon Muffin - Dave's Baking	1 - 3 oz	37	108	213	4	16	6	1	3	X	X					X	X	
Apple Cinnamon Mini Muffin - Dave's Baking	1 - 1.9 oz	20	74	117	2	7	3	0	2	X	X					X	X	
Banana Muffin - Dave's Baking	1 - 3 oz	40	115	230	4	19	6	1	4	X	X					X	X	
Banana Mini Muffin - Dave's Baking	1 - 1.9 oz	20	74	120	2	8	3	1	2	X	X					X	X	
Apple Cinnamon Mini Loaf - Right Start	1 - 2 oz	27	125	170	2	15	6	1	2	X	X					X	X	
Banana Mini Loaf - Right Start	1 - 2 oz	27	130	170	2	15	6	1	2	X	X					X	X	
Blueberry Mini Loaf - Dave's Baking	1 - 3 oz	41	115	250	4	18	8	1	1	X	X					X	X	
Other																		
WG Maple Breakfast Bar	1 serv	56	355	370	6	30	15	6	3	X	X					X	X	
Mini French Toast	1 pkg	37	380	220	3	11	11	1	2	X	X					X	X	
Mini Pancakes	1 pkg	37	270	220	4	11	6	1	2	X	X						X	
Mini Chocolate Chip Pancakes	1 pkg	43	280	240	4	15	6	1	3	X	X						X	
Mini Bagel w/Cinnamon Cream Cheese	1 pkg	42	190	230	6	13	6	2	2	X						X	X	
Mini Bagel w/Strawberry Cream Cheese	1 pkg	42	190	230	6	13	6	2	2	X						X	X	
Mini Cinnamon Rolls	1 pkg	40	270	240	4	14	7	2	3	X						X	X	
Petite Cinnamon Roll	1	17	100	100	3	5	3	1	2	X	X					X	X	
Cinnamon Sweet Roll	1 - 2.5 oz	33	200	190	5	8	5	2	3	X	X					X	X	
Apple Frudel - General Mills	1 pkg	36	250	210	4	10	6	1	2	X							X	
Cherry Frudel - General Mills	1 pkg	36	260	210	4	11	6	1	2	X							X	
French Toast	1 pkg	28	300	210	8	8	7	3	2		X						X	
French Toast Sticks	3 sticks	26	290	210	8	11	9	2	2	X	X					X	X	
Smuckers Uncrustables Peanut Butter & Grape	1 - 2.6oz	32	280	300	9	14	17	3	4							X	X	
Pop-Tarts - Cinnamon	2	75	380	370	5	31	5	2	6							X	X	
Pop-Tarts - Strawberry	2	75	380	360	4	30	5	2	6							X	X	
Coffee Cake - Buena Vista	1	53	350	340	6	25	13	2	3	X	X					X	X	
Egg & Sausage Bagel	1	29	375	245	15	5	9	2	4		X					X	X	
Yogurt Parfait	1 cup yogurt, 1 cup fruit, granola	126	325	560	11	80	3	0	9	X							X	
Bagel	1	28	160	140	6	5	1	0	4							X	X	
Sausage Patty	1	0	100	60	6	0	4	1	0									X
Egg Patty	1 patty	1	115	45	3	0	4	1	0	X	X					X		
Cheese Omelet	1	1	290	130	7	0	11	4	0	X	X							
Breakfast Burrito	1	25	310	208	10	2	7	3	3	X	X					X	X	
Pancake & Sausage on a Stick	1	17	310	190	7	4	10	3	3		X					X	X	
Breakfast Pizza	1	22	340	210	10	5	9	4	2	X	X					X	X	
Tots/Hashbrown Nuggets	.5 cup	17	205	152	2	0	8	1	1									
Cereal Bar																		

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Cinnamon Toast Crunch Cereal Bar	1 pkg	30	120	160	2	8	4	0	3								X	
Kellogg's Chocolate Cereal Bar	1 pkg	27	140	150	2	10	5	1	3	X						X		
Cocoa Puff Cereal Bar	1 pkg	30	105	160	3	9	4	0	3							X	X	
Trix Cereal Bar	1 pkg	29	105	160	2	9	4	0	3								X	
Fruity Cheerios Cereal Bar	1 pkg	29	105	150	3	9	4	0	3								X	
Golden Grahams Cereal Bar	1 pkg	30	115	160	2	9	4	0	3							X	X	
WG Rice Krispies Bar	1 pkg	30	140	160	2	11	4	1	1	X						X		
WG Rice Krispies Bar - Chocolate Chip	1 pkg	34	150	190	2	14	5	2	1	X						X		
Nutri-Grain Cereal Bar - Raspberry	1 pkg	24	110	120	2	12	3	1	3	X						X	X	
Nutri-Grain Cereal Bar - Strawberry	1 pkg	25	140	130	2	12	4	1	1	X						X	X	
Nutri-Grain Cereal Bar - Apple Cinnamon	1 pkg	25	125	130	2	13	4	1	1	X						X	X	
Nutri-Grain Cereal Bar - Mixed Berry	1 pkg	25	130	130	2	12	4	1	1	X						X	X	
Nutri-Grain Cereal Bar - Cherry	1 pkg	25	125	130	1	13	4	1	1	X						X	X	
Nutri-Grain Cereal Bar - Blueberry	1 pkg	25	130	130	2	13	4	1	1	X						X	X	
Breakfast Bar																		
Cinnamon Crisp Bar	1 pkg	25	140	150	3	9	5	1	2	X						X	X	
Cherry Apple Crunch Bar	1 pkg	42	90	260	4	16	8	2	2	X							X	
French Toast Bar	1 pkg	47	200	290	5	21	9	3	3	X	X					X	X	
Banana Chocolate Oatmeal Bar	1 pkg	48	220	280	5	23	8	3	3	X	X					X	X	
Banana Chocolate Oatmeal Round	1 pkg	39	240	280	5	15	12	4	4	X	X					X	X	
Apple Cinnamon Oatmeal Bar	1 pkg	48	240	290	5	22	9	3	3	X	X					X	X	
Apple Cinnamon Oatmeal Round	1 pkg	38	240	280	5	14	12	5	4	X	X					X	X	
Cereal																		
Lucky Charms	1 oz	23	180	105	3	10	1	0	2									X
Cocoa Puffs	1 oz	24	110	115	2	8	1	0	2									X
Cinnamon Chex	1 oz	23	170	115	2	6	3	0	2									X
Blueberry Chex	1 oz	23	175	120	2	6	3	0	1									X
Cinnamon Toast Crunch	1 oz	22	160	120	2	6	3	0	3							X	X	
Lucky Charms	2 oz	46	360	210	5	19	3	0	4									X
Cocoa Puffs	2 oz	47	220	230	3	15	3	0	3									X
Cinnamon Chex	2 oz	46	340	230	3	12	5	1	3									X
Blueberry Chex	2 oz	46	350	240	3	12	5	1	1									X
Cinnamon Toast Crunch	2 oz	44	320	240	3	11	5	1	6							X	X	
Yogurt																		
Yoplait Strawberry	4 oz	21	50	100	3	14	1	0	0	X								
Yoplait Strawberry & Banana	4 oz	21	50	100	3	14	1	0	0	X								
Yoplait Red Raspberry	4 oz	21	50	100	3	14	1	0	0	X								
Yoplait Harvest Peach	4 oz	21	50	100	3	14	1	0	0	X								
Yoplait Mountain Blueberry	6 oz	28	85	150	6	20	2	1	0	X								
Yoplait Harvest Peach	6 oz	28	90	150	6	20	2	2	0	X								
Yoplait Strawberry	6 oz	27	90	150	6	19	2	2	0	X								
Yoplait Chrry Orchard	6 oz	27	90	150	6	19	2	2	0	X								
Yoplait French Vanilla	6 oz	27	90	150	6	20	2	2	0	X								
Yoplait Lemon Burst	6 oz	27	115	150	6	19	2	2	0	X								
Yami Yogurt Kool Key lime	4 oz.	18	50	130	3	15	5	4	0	X								
Yami Yogurt Peaches n Cream	4 oz.	18	45	130	4	15	5	3	0	X								
Yami Yogurt Vanilla Cream	4 oz.	19	50	140	3	16	5	3	0	X								
Yami Yogurt Orange Cream	4 oz.	18	50	130	3	14	5	4	0	X								
Yami Yogurt Raspberries n Cream	4 oz.	18	45	130	4	15	5	3	0	X								

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Yami Yogurt Strawberry	4 oz.	19	50	100	4	15	2	1	0	X								
Yami Yogurt Strawberries n Cream	4 oz.	18	45	130	4	14	5	4	0	X								
Yami Yogurt Strawberry Banana	4 oz.	29	90	160	6	22	2	1	0	X								
Canned Peaches	1/2 c	17	10	70	<1	13	0	0	<1									
Diced Pears in Extra Light Syrup	4.5 oz	14	10	60	0	11	0	0	2									
Canned Pears	1/2 c	20	85	80	<1	14	0	0	2									
Mandarin Oranges	1/2 c	19	10	80	0	18	0	0	0									
Pineapple Chunks	1/2 c	18	0	70	0	17	0	0	1									
Applesauce	1/2 c	13	10	90	0	9	0	0	2									
Applesauce - Watermelon	1/2 c	17	0	60	0	15	0	0	1									
Applesauce - Cinnamon	1/2 c	17	0	60	0	15	0	0	1									
Applesauce - Strawberry	1/2 c	14	0	50	0	11	0	0	1									
Applesauce - Mango Peach	1/2 c	15	0	60	0	12	0	0	1									
Mixed Fruit Cup	4.5 oz	19	0	80	0	16	0	0	1									
Fruit Cocktail	1/2 c	18	5	80	1	15	0	0	1									
Raisins	1/4 c	30	4	114	1	23	0	0	1									
Cherry Craisins	1/4 c	33	0	130	0	29	0	0	3									
Orange Craisins	1/4 c	28	0	110	0	24	0	0	3									
Dried Island Fruit Mix	1.2 oz	27	35	120	1	20	2	1	1									