

BREAKFAST ENTRÉE	SERVING SIZE	CALORIES	grams FAT	gram SAT FAT	mg SODIUM	gram CARBS	gram FIBER
Buttermilk Bar	1	330	19	4	330	35	2
Cereal-Apple Zings	1	80	0.5	0	100	19	0
Cereal-Honey Scooters	1	90	1	0	170	19	2
Cereal-Honey Squares	1	120	3	0	250	24	1
Cereal-Kashi	1	100	1.5	0	70	22	4
Cereal-Raisin Bran	1	130	5	0.5	210	28	4
Churro Apple	1	150	4	1	130	27	0
Churro Raspberry	1	160	4	1	130	28	0
Egg Burrito	1	277	13.7	6.5	658	24.18	1
Egg/Cheese Muffin	1	218	12.8	3.5	476.5	25.65	1
Eggs Scrambled	2 oz	90	6	2	250	2	0
French Toast Sticks	3 pieces	232.5	3.75	1.5	232.5	33.75	0.75
French Toast	1	220	7	2	330	31	1
Graham Crackers	1	112	3	1	140	20	1
Honey Bun	1	230	7	2	340	39	3
Muffin Blueberry	1	243	7.5	0.9	115	40	0.8
Muffin Choc. Chip	1	249	7.6	0.9	115	41.5	0.8
Muffin Double Choc.	1	245	7.5	0.9	120	41	0.7
Pancake/Sausage Stick	1	200	9	2.5	400	24	1
Pancakes - 2 pack	1	220	7	1.5	260	35	2
Pizza Breakfast	1	230	11	4.5	650	26	1
Poptarts Brown Sugar	2	420	14	4.5	350	68	1
Sausage Biscuit	1	290	13	4	1010	32	1
Sweet Potato Cinnamon Square	1	280	10	2.5	140	43	4
Syrup	1 oz	110	0	0	100	27.5	0
BREAD ITEMS	SIZE	CALORIES	FAT	SAT FAT	SODIUM	CARBS	FIBER
Biscuit	1	230	9	2.5	770	31	1
Hamburger Bun	1	130	2	0	260	25	4
Hoagie Elegant Bakery	1	220	2	0	420	43	0
Hoagie Sysco	1	200	3.5	0.5	350	35	1
Hot Dog Bun	1	120	2	0	230	22	3
Muffin English	1	120	1	0	210	24	1
Tortilla Flour 8"	1	130	3	1.5	320	22	1
Taco Shell Crunchy	1	50	2.5	0	0	13	2
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