

<b>Breakfast Menu Items</b>	<b>Serving Size</b>	<b>Cal</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Protein</b>
Bagel (IW)	2 oz.	120	170mg	24g	5g
Breakfast Burrito	1 each	130	290mg	16g	7g
Cheese Stick	1 each	80	200mg	1g	6g
Cinnamon Roll	1 each	300	310mg	51g	5g
Cream Cheese Cup	1 oz. cup	70	115mg	1g	1g
Cream Cheese Mini Bagels - Cinnamon	1 each	240	180mg	41g	6g
Cream Cheese Mini Bagels – Strawberry	1 each	230	180mg	41g	6g
Crumb Muffin - Blueberry	1 each	270	250mg	45g	---
Crumb Muffin - Chocolate Chip	1 each	270	240mg	49g	---
Crunch Mania SS	1 bag	220	230mg	37g	4g
Eggo Mini French Toast – Chocolate Chip	1 pouch	210	260mg	35g	5g
Eggo Mini French Toast -Original	1 pouch	210	240mg	37g	4g
Eggo Mini Pancakes - Blueberry	1 pouch	210	310mg	35g	4g
Eggo Mini Pancakes – Maple	1 pouch	210	320mg	35g	4g
Pillsbury Mini Waffles -Blueberry	1 pouch	210	170mg	37g	4g
Pillsbury Mini Waffles- Maple	1 pouch	210	170mg	38g	4g
French Toast Sticks (IW)	3 count	210	---	26g	8g
Frudel - Apple	1 each	210	280mg	36g	5g
Frudel - Cherry	1 each	210	220mg	39g	4g
Glazed Breakfast Stick	1 each	230	260mg	38g	4g
Glazed Donut Holes	6 each	315	260mg	41g	4g
Glazed Donut Round	1 each	345	300mg	46g	5g
Honey Breakfast Bun	1 each	230	340mg	39g	6g
Mini Cinnis	1 each	240	300mg	40g	5g
Muffin - Apple Cinnamon	2oz.	190	130mg	31g	3g
Muffin - Banana	2oz.	190	130mg	31g	3g
Muffin - Blueberry	2oz.	190	130mg	30g	3g
Muffin – Chocolate Chocolate chip	2oz.	190	130mg	32g	4g
Pancake Sausage on the Stick	1 each	200	310mg	17g	7g
PBJ Bar	1 each	300	220mg	32g	9g
Pop Tart - Cinnamon	2 count pack	370	380mg	75g	5g
Pop Tart – Chocolate Fudge	2 count pack	360	390mg	76g	5g
Pop Tart - Strawberry	2 count pack	360	360mg	75g	4g
Sausage Biscuit	1 each	230	550mg	25g	10g
Sausage English Muffin	1 sandwich	330	530mg	24g	13g
Sausage Waffle Sandwich	1 each	140	180mg	16g	4g
Yogurt	4 oz.	80	65mg	15g	4g
Yogurt and Grahams	1 each	140	140mg	27g	5g
<b>Breakfast Bars</b>	<b>Serving Size</b>	<b>Cal</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Protein</b>
Nutri-Grain Apple Bar	1 bar	160	130mg	30g	2g
Nutri-Grain Strawberry Bar	1 bar	160	150mg	29g	2g
J&J French Toast	1 bar	290	200mg	47g	5g
J&J Oatmeal Chocolate Chip Bar	1 bar	290	240mg	47g	5g
UBR Ultimate Breakfast Round - Cinnamon	1 each	280	190mg	44g	4g

<b>Cereal Bars</b>	<b>Serving Size</b>	<b>Cal</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Protein</b>
Cheerios Fruit Bar	1 bar	150	105mg	30g	2g
Cheerios Apple Cinnamon Bar	1 bar	150	95mg	30g	2g
Cinnamon Toast Crunch Bar	1 bar	150	115mg	30g	3g
Golden Grahams Bar	1 bar	150	110mg	30g	2g
Cocoa Puffs Bar	1 bar	150	110mg	30g	3g
Trix Bar	1 bar	150	100mg	30g	2g
String Cheese Stick (IW)	1 oz.	80	200mg	1g	6g
<b>1 oz. Cereal Bowls</b>					
<b>1 oz. Cereal Bowls</b>	<b>Serving Size</b>	<b>Cal</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Protein</b>
Cinnamon Toast Crunch – Reduced Sugar	1 bowl pack	110	160mg	22g	1g
Corn Flake Frostie	1 bowl pack	100	190mg	24g	1g
Fruit Loops – reduced sugar	1 bowl pack	110	170mg	24g	2g
Frosted Flakes	1 bowl pack	100	140mg	25g	1g
Frosted Flakes Multigrain- reduce sugar	1 bowl pack	100	160mg	24g	2g
Golden Grahams	1 bowl pack	100	220mg	24g	1g
Kix Berry	1 bowl pack	70	100mg	16g	1g
Total Raisin Bran	1 bowl pack	100	110mg	25g	2g
Trix	1 bowl pack	110	140mg	24g	1g
<b>2 oz. Cereal Bowls (Large Bowls)</b>					
<b>2 oz. Cereal Bowls (Large Bowls)</b>	<b>Serving Size</b>	<b>Cal</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Protein</b>
Frosted Shredded Wheat	1 bowl pack	200	10mg	46g	5g
Frosted Strawberry Shredded Wheat	1 bowl pack	210	0mg	47g	5g
Frosted Blueberry Shredded Wheat	1 bowl pack	210	0mg	47g	5g
Frosted Flakes	1 bowl pack	110	320mg	50g	3g
Honey Graham Toasters	1 bowl pack	240	500mg	48g	2g
Marshmallow Matey's	1 bowl pack	220	370mg	47g	4g
Honey Scooters	1 bowl pack	220	390mg	45g	5g
Cinnamon Toasters	1 bowl pack	250	270mg	46g	2g
<b>Cereal Pouch On-The- Go</b>					
<b>Cereal Pouch On-The- Go</b>	<b>Serving Size</b>	<b>Cal</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Protein</b>
Apple Jacks	1 pouch	110	160mg	24g	2g
Cinnamon Toast Crunch	1 pouch	110	160mg	22g	1g
Cocoa Puffs	1 pouch	90	130mg	20g	1g
Fruit Loops	1 pouch	110	170mg	24g	2g
<b>Parfaits</b>					
<b>Parfaits</b>	<b>Serving Size</b>	<b>Cal</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Protein</b>
Fruit & Yogurt Parfait topped with granola	8oz.	350	---	44g	6g
Granola Only	2oz.	90	25mg	17g	2g
<b>Smoothies</b>					
<b>Smoothies</b>	<b>Serving Size</b>	<b>Cal</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Protein</b>
It's Almost Summer Smoothie (pineapple)	8oz.	178	---	39g	4g
Purple Daze Smoothie (grape)	8oz.	180	---	41g	4g
Food Court Smoothie (orange)	8oz.	175	---	39g	4g
Cinnamon Roll Smoothie (apple cinnamon)	8oz.	173	---	38g	4g

<b>Fruit</b>	<b>Serving Size</b>	<b>Cal</b>	<b>Sodium</b>	<b>Carbs</b>
Apple (medium size)	1 each	72	1mg	19g
Applesauce	1/2 cup	90	15mg	23g
Apple Slices	1/2 cup	50	20mg	12g
Banana (petite)	1 each	72	1mg	18g
Cantaloupe	1/2 cup	30	14mg	7g
Craisins	1.16 oz.	110	0mg	28g
Diced Peaches	1/2 cup	45	5mg	11g
Diced Pears	1/2 cup	90	0mg	22g
Fruit Cocktail	1/2 cup	45	10mg	12g
Grapes	1/2 cup	60	0mg	14g
Kiwi	½ half	21	1mg	5g
Mandarin Oranges	1/2 cup	50	15mg	13g
Orange (medium size)	1 each	62	0mg	15g
Pineapple Chunks	1/2 cup	60	0mg	16g
Pineapples Tidbits	1/2 cup	80	0mg	22g
Raisins	1/2 cup	128	4.5mg	34g
Sliced Peaches	1/2 cup	70	0mg	18g
Sliced Pears	1/2 cup	80	15mg	19g
Strawberries	1/2 cup	24	1mg	6g
Tropical Fruit Salad	1/2 cup	90	0mg	22g
Watermelon	1/2 cup	25	1mg	6g

<b>100% Fruit Juice</b>	<b>Serving Size</b>	<b>Cal</b>	<b>Sodium</b>	<b>Carbs</b>
Apple Juice Carton	4 oz.	50	0mg	13g
Apple Cherry Carton	4 oz.	60	0mg	13g
Apple Sour Carton	4 oz.	60	15mg	14g
Grape Carton	4 oz.	77	20mg	19g
Orange Juice Carton	4 oz.	60	0mg	13g
Raspberry Blue Carton	4 oz.	60	0mg	14g
Apple Juice Plastic Cup	4 oz.	50	10mg	13g
Fruit Punch Juice Plastic Cup	4 oz.	60	15mg	14g
Grape Juice Plastic Cup	4 oz.	80	20mg	19g
Orange Juice Plastic Cup	4 oz.	60	0mg	13g
Apple Juice Carton	4 oz.	50	0mg	13g

<b>Dean's Milk</b>	<b>Serving Size</b>	<b>Cal</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Protein</b>
Skim Fat-Free White Milk	8 oz. carton	90	---	13g	8g
1% Low Fat White Milk	8 oz. carton	110	---	13g	8g
Fat-Free Chocolate	8 oz. carton	120	180mg	20g	8g
Fat-Free Strawberry	8 oz. carton	110	125mg	19g	8g