

BREAKFAST ITEM	CAL	TOTAL FAT	SAT FAT	FIBER	CARBS	PROTEIN	SODIUM	IRON	CALCIUM	VIT A	VIT C
French Toast Sticks (2 Sticks)	190	8 g	1.5 g	1 g	27 g	3 g	190 mg	15%	6%	10%	2%
Pancakes (2 Cakes)	153	4 g	.66 g	2 g	25.33 g	4.67 g	320 mg	.8 mg	40 mg	67 IU	0 mg
Pancake/Waffle Syrup (1.5 ounces)	120	0 g	0 g	0 g	31 g	0 g	45 mg	0%	0%	0%	0%
Yogurt Parfait (Secondary Schools)	298	3.35 g	1.09 g	6 g	60.66 g	7.62 g	137.60 g	2.19 mg	160.77 mg	519.57 IU	48 mg
Breakfast Squares (1 piece)	320	11 g	4.5 g	1 g	26 g	9 g	690 mg	1.4 mg	0 mg	250 IU	0 mg
Breakfast Sandwich (1 sandwich) (English muffin, ham, egg patty & cheese)	308	12.73 g	6.13 g	3 g	27.12 g	21.11 g	1212.21 mg	2.63 mg	282.91 mg	476.18 IU	0 mg
UBR (Ultimate Breakfast Round) (1 round)	270	8 g	3 g	6 g	44 g	4 g	240 mg	2.7 mg	40 mg	0%	0%
Frudel, Cherry or Apple (1 Serving)	210	6 g	1.5 g	2 g	36 g	5 g	280 mg	6%	0%	0%	0%
Dutch Waffle (1 waffle)	280	9 g	4 g	1 g	45 g	5 g	360 mg	10%	4%	0%	0%
Cinnamon Tastry (1 Serving)	248	9.44 g	.93 g	.99 g	37 g	4.78 g	378 mg	2.87 mg	50.10 mg	34.77 IU	.23 mg
Hard Cooked Egg (1 Each)	78	5.31 g	1.63 g	9 g	.56 g	6.29 g	62 mg	.60 mg	25 mg	260 IU	0%
Yogurt (4 ounce cup) strawberry or raspberry	90	0 g	0 g	0 g	19 g	3 g	75 mg	0%	30%	0%	2%
String Cheese (1 ounce)	83	5.88 g	3.36 g	0 g	1.12 g	7.28 g	207.48 mg	.08 mg	204.68 mg	144.76 IU	0%
Orange Juice Cup (4 ounces)	60	0 g	0 g	0 g	15 g	1.0 g	0 g	0 g	11 mg	200 IU	36 mg
Dipping Sticks (Graham Crackers) (1 pkg)	210	4.5 g	1 g	0 g	39 g	3 g	280 mg	8%	2%	0%	0%

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Colby Cheese Omelet	130	10 g	4 g	0 g	2 g	7 g	300 mg	.74 mg	84 mg	304 IU	0 mg
Breakfast Sticks (Pancake & Sausage on Stick)	220	11 g	3 g	0 g	23 g	8 g	450 mg	8%	4%	0%	0%
Breakfast Bites (Mini Sausage & Pancakes)	190	10 g	3 g	1 g	19 g	7 g	590 mg	1.44 mg	40 mg	100 IU	0 mg
Egg and Cheese Breakfast Wrap	180	10 g	4 g	0 g	14 g	9 g	500 mg	8%	100 mg	400 IU	0 mg
Cinnamon Toast Crunch Cereal Bar	140	3.5 g	.5 g	3 g	27 g	2 g	130 mg	1.8 mg	150 mg	0%	0%
Trix Cereal Bar	140	3 g	.5 g	1 g	28 g	2 g	130 mg	25%	15%	0%	0%
Whole Grain Pop Tart (1 serving)	180	2.5 g	1 g	3 g	37 g	2 g	180 mg	1.80 mg	100 mg	500 IU	0%
Mini-Wheats Little Bites Chocolate Cereal	100	1 g	0 g	0 g	23 g	3 g	105 mg	45%	0%	0%	0%